

### FILLED RED PEPPERS

#### Ingredients:

4 red peppers,  
1 glass of hot water,  
1 tablespoon of tomato sauce,  
3 tablespoons of oil, salt and parsley.

#### To fill in:

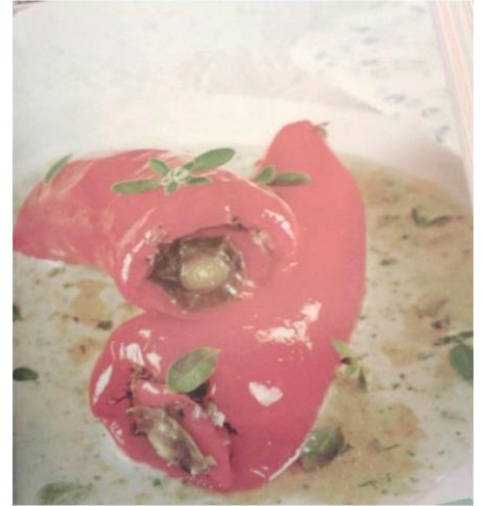
150 grams of minced meat,  
Two tomatoes, 1 onion,  
Half a glass of rice,  
1 tablespoon of tomato sauce,  
Two cloves of garlic, pepper, salt, dried mint, cumin.

#### How to make:

Cut the red peppers and empty seeds.

Chop the onion and garlic in small pieces. Cut the tomatoes in small pieces. Wash the rice and strain the water. Mix the minced meat and the other materials. Fill the red peppers with the mixture.

Put the red peppers in a casserole. Pour the hot water and the oil. Cook it with closed lid in medium heat. Sprinkle the parsley on top.



### QINCE DESSERT

#### Ingredients:

Two quinces,  
Two glasses of water,  
One and a half glass of sugar (1/2),  
Quince seeds,  
Five cloves.

#### Sauce for the top:

Clotted cream, Pistachio

#### How to make:

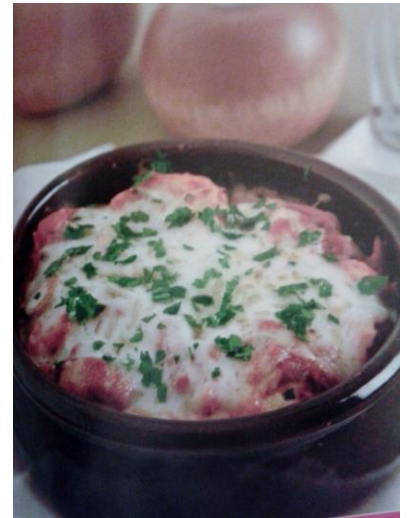
Peel the quinces and cut them in halves. Take off the seeds. Leave the seeds aside. Put the quinces in water with lemon in order not to darken.

Place the quinces in a pan. Put the seeds and cloves on them. Pour water and sugar, close the lid and cook it until gets soft.

When the quinces are soft, put them in a baking sheet and bake for 10 minutes in 180 degrees. Leave aside the sherbet left in the pan.

After baking in the oven, pour the sherbet on the quinces. Put the clotted cream and pistachio on top. It's ready to serve..





### CHICKEN IN A CASSEROLE

#### Ingredients:

4 pieces of leg of a chicken,  
1 glass of peas, 1 aubergine, 1 courgette,  
1 glass of water, three table spoon of olive oil.  
1 tablespoon of tomato sauce,  
Salt, pepper.

#### How to make:

Put the olive oil in the casserole. Place the legs of chicken and the chopped vegetables in the casserole. Mix the water and the tomato sauce in a bowl. Pour the mixture into the casserole. Add salt and pepper. Cook in an oven which is heated beforehand. Cook the mixture until the chicken is roasted in an oven which is 180 degrees. Sprinkle some kind of round cheese onto the meal. Cook it for 10 minutes. Serve hot.

### KIDNEY BEANS

#### Ingredients:

Half a kilo of kidney beans,  
Two tomatoes, 1 onion, 1 carrot,  
Salt, 1 cube of sugar.

#### How to make:

Boil the kidney beans and strain the water. Don't cook a lot. Chop the onions, cut the carrots in cubes and cook it with onion in olive oil. Peel the tomatoes, cut them in cubes, add them in the casserole. Put the beans into the mixture and cook it for 3-5 minutes. Add the salt and one cube of sugar into the casserole. Cook it until the beans become soft. Serve it cold.

