

Bell Peppers Stuffed with Sheep's Cheese

Description

Juicy red bell peppers filled with a creamy and flavorful mixture of sheep's cheese, crème fraîche, garlic and tomato paste. The stuffed peppers are baked in the oven and can be served hot, warm or cold

Ingredients

4 Stück bell peppers
200 g sheep's cheese
3 EL crème fraîche
2 Stück garlic cloves
1 EL tomato paste

Method

1. Preheat the oven to 200°C conventional heat.
2. Line a baking tray with baking paper and set it aside.
3. Wash the bell peppers thoroughly under running water and dry them.
4. Carefully cut a lid, including the stem, from the top of each bell pepper.
5. Remove the seeds and the white membranes from inside the peppers.
6. Rinse the hollowed peppers briefly and place them upside down to drain.
7. Peel the garlic cloves.
8. Finely chop the garlic with a sharp knife or press it through a garlic press.
9. Place the sheep's cheese in a sufficiently large mixing bowl.
10. Use a fork to break the sheep's cheese into small pieces.
11. Add the crème fraîche, finely chopped garlic and tomato paste to the cheese.
12. Mix all the ingredients thoroughly until a smooth and creamy filling has formed.
13. Place the prepared bell peppers upright and spoon the sheep's cheese mixture into them.
14. Gently press the filling down with a small spoon. Fill the peppers generously without overfilling them.
15. Place the previously removed pepper lids back on top.
16. Arrange the stuffed peppers on the prepared baking tray. Make sure they are stable and do not fall over.
17. Place the baking tray on the middle shelf of the preheated oven.
18. Bake the peppers for approximately 25 minutes, until they have softened and the filling is hot and lightly browned.
19. Carefully remove the stuffed peppers from the oven and allow them to rest for a few minutes.
20. Serve the peppers hot, warm or completely cooled. Fresh bread or a light salad makes a suitable accompaniment.