



MILLET STUFFED PEPPERS ON SHALLOT SAUCE



QimiQ BENEFITS

- Quick and simple preparation
- Full taste with less fat content
- Creamy consistency



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easy

INGREDIENTS FOR 4 PORTIONS

4 Bell pepper(s) 180 g each

FOR THE FILLING

200 g Millet
400 ml Clear vegetable stock
200 g Onion(s), finely chopped
1 tsp Olive oil
90 g Bell pepper(s), finely diced
100 g Carrot(s), coarsely grated
100 g Sugar peas, frozen
125 g QimiQ Classic, room temperature
Salt and pepper
2 tbsp Basil, finely chopped
2 Egg white(s)
1 tbsp Instant mashed potato flakes
150 ml Clear vegetable stock
1 tsp Olive oil, for the baking tin

FOR THE SAUCE

200 g Shallot(s), finely chopped
1 tsp Olive oil
AP Flour, to dust
200 ml Clear vegetable stock
Salt and pepper
125 g QimiQ Classic, chilled

METHOD

1. Preheat the oven to 430° F (conventional oven).
2. Slice the tops off of the bell peppers and put to one side. Remove the pips.
3. For the filling, cook the millet in the stock, loosen with a fork and allow to cool.
4. Fry the onion in olive oil. Add the pepper, carrot and peas and continue to cook for a few minutes.
5. Whisk QimiQ Classic smooth. Add the millet, fried vegetables, salt, pepper and basil and mix well.
6. Whisk the egg white stiff and fold into the millet mixture with the potato flakes.
7. Fill the bell peppers with the filling and replace the tops. Place in a greased oven-proof dish. Pour the vegetable stock over the bell peppers and bake covered for 30-45 minutes.
8. For the sauce, fry the shallots in olive oil until soft. Dust with flour, douse with the stock and bring to a boil.
9. Blend and finish with the cold QimiQ Classic.