



today's main ingredient

A  LOCAL FOOD PODCAST



Stuffed Jalapenos or Poppers

The jalapeño is the most popular chili pepper in North America. When fully mature, jalapenos are a bright red. On the Scoville heat scale, the jalapeño is rated 2,500 to 5,000 units—a “medium-hot” pepper.

INGREDIENTS

Fresh whole jalapeños
Your favorite cheeses, such as Parmesan, plus cream cheese
Seasoned bread crumbs
Garlic, minced (optional)

STEP 1 – Wash peppers. Cut off stem. Cut in half, lengthwise if stuffing; or for making poppers with whole peppers, cut a slit along one side of each pepper.

STEP 2 – Wearing disposable plastic gloves, remove the seeds, then rinse and dry peppers.

STEP 3 – Grate the hard cheese, if using it, and mix with cream cheese, minced garlic, and some bread crumbs. Stuff the peppers with this mixture.

STEP 4 – Bake in a 370° oven for 20 to 25 minutes, or until the peppers are done.

Optional: Wrap stuffed peppers in store-bought crescent-roll dough and bake in a 350° oven until the dough and peppers are done. (Note: If the dough is getting too brown, lay a piece of foil loosely over the peppers until they are done.)

Alternatively [from Cookinglight.com]: Wrap stuffed peppers with bacon and secure with soaked toothpicks and grill uncovered, turning frequently, over medium heat until tender and bacon is crisp, about 15 minutes.