



BILLINGS

FARM & MUSEUM

Historic Recipe: Stuffed Peppers

From: *Original 1896 Boston Cooking School Cookbook*
By: Fannie Farmer

Ingredients:

- 6 bell peppers (green or multi-colored)
- $\frac{3}{4}$ cups hot steamed rice
- $\frac{1}{2}$ cup cooked meat cut into small cubes (or ground meat)
- $\frac{1}{3}$ cup tomatoes stewed and drained
- 1 tbsp melted butter
- Onion juice (or a small grated onion)
- Salt and pepper

Instructions:

Cut off pieces from stem ends of peppers. Remove seeds and partitions; parboil eight minutes. Fill with rice, meat, tomatoes, and butter, mixed well and seasoned with onion juice, salt and pepper. (note: if using grated onion, mix that in with all ingredients) Place in a pan and add one and one-half cups water or stock and bake 45 minutes in a moderate oven.

Modern addition: Bake at 325 degrees for 35-45 minutes. **Note: cooking time and temperature were not included with recipes in the 1890s.

Modern topping: You can grate some cheddar cheese and put it on top of the peppers to melt for the last few minutes of their baking time.