

1981

Maine Produces Green Peppers

Maine Department of Agriculture

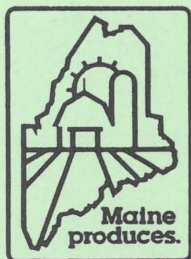
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MAINE PRODUCES Green Peppers



Green peppers are generally available in Maine starting in mid-July.

HOW TO CHOOSE

Green peppers, also known as sweet peppers or bell peppers, vary in size and thickness of shell according to maturity and type. Any green pepper that is firm and glossy is fine for flavorings; larger, well-shaped peppers should be chosen for stuffing.

Green peppers that are allowed to ripen on the plant will turn bright red, and will remain sweet. These are not available until later in the season.

HOW MUCH TO BUY

Three medium sized peppers will weigh about 2/3 pounds and will yield about 1 pint (chopped) frozen. Preserved in relishes, you will need 3 to a quart.

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*For more information write:
Agriculture, Food and Rural Resources
Station 28, Augusta, Maine 04333*

NUTRITIONAL INFORMATION

Green peppers are an excellent source of Vitamin A and C.

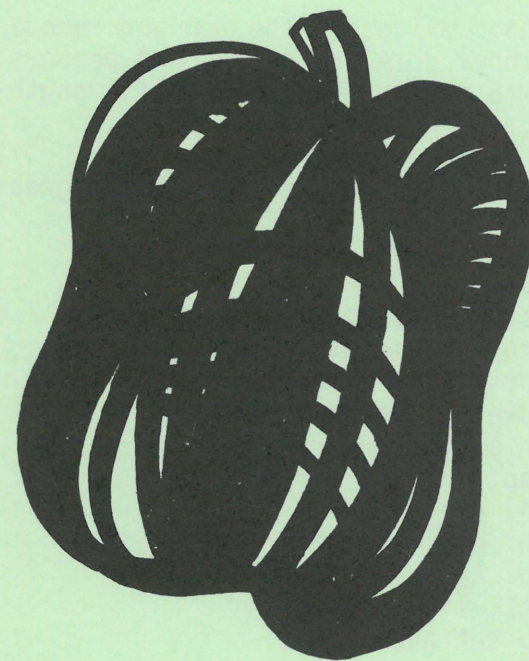
	1 cup raw
Calories	33
Protein	1.8 g.
Fat	.3 g.
Carbohydrate	7.2 mg.
Calcium	13.5 mg.
Phosphorus	33 mg.
Iron	1.0 mg.
Sodium	20 mg.
Potassium	320 mg.
Thiamin	.12 mg.
Riboflavin	.12 mg.
Niacin	.75 mg.
Ascorbic Acid	192 mg.

Cooking will reduce the carbohydrate, phosphorus, sodium, potassium, and ascorbic acid (Vitamin C) content.

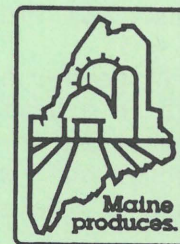
HOW TO STORE

Green peppers are one of the few vegetables that can be frozen without blanching. Simply chop or slice or freeze whole (after slicing off the top and removing the inner pulp and seeds) in plastic bags or freezer containers.

Since prolonged cooking, as required in canning, will turn peppers bitter, this is not a recommended method of storage. However, peppers prepared in relishes are best preserved by canning.



Maine produces Green Peppers



MILLET-STUFFED PEPPERS

A delicious vegetarian entree.

SHELLS: Slice off the top and remove the inner core and seeds of 4 peppers. Steam 5 minutes. Cut in half, lengthwise.

STUFFING: Preheat oven to 350 degrees.

1 cup whole hulled millet
3 cups water
Sea salt to taste
1/3 cup sesame oil
1½ cups chopped onions
1 clove garlic, chopped
½ cup sliced mushrooms
3 Tbsp. chopped parsley
1 tsp. oregano
½ tsp. basil
1 tsp. tamari (soy sauce)
2 eggs, lightly beaten
½ cup cottage cheese
8 slices tomato
Grated Cheddar cheese

Put millet, water and salt in a saucepan. Bring to a boil and simmer, covered, until tender, about 30 minutes. Drain.

In a large heavy skillet, heat the oil and saute the onions and garlic in it until tender. Add mushrooms and cook two minutes longer. Stir in parsley, oregano, basil and soy sauce. Add cooked millet, the eggs and cottage cheese and cook, stirring gently, a minute or two.

Fill pepper halves with millet mixture. Set in a baking dish with one-half inch of hot water in the bottom. Top each pepper half with a tomato slice and some cheese. Bake 25 to 30 minutes.

Serves 4.

PICCALILLI

A classic pickle relish.

6 medium-size green tomatoes
6 sweet peppers, seeded (red if available)
6 medium onions, peeled
1 small cabbage
¼ cup salt
2 cups vinegar
2½ cups light brown sugar (or raw)
2 Tbsp. mixed pickling spices

Put vegetables through the food grinder, using a coarse knife. Sprinkle with the salt, cover and let stand overnight. Drain; then cover with fresh water, and drain again. When thoroughly drained, put into a large kettle and add vinegar and sugar. Tie spices in a small cloth bag and add. Bring to boiling, then reduce heat and simmer about 20 minutes, stirring frequently. Remove the spice bag and turn the hot piccalilli into hot jars, leaving ½ inch of headroom; adjust lids and process in a Boiling-Water Bath for 10 minutes. Makes about 4 pints.

For more prize-winning recipes, write the Department of Agriculture, Food and Rural Resources to order the 1981 MAINE PRODUCES illustrated Recipe Booklet containing 36 recipes. Send \$2.00 to cover costs and postage.

SHREDDED CHICKEN WITH GREEN PEPPERS AND CARROTS

Color and texture make this a beautiful dish. Quick to cook, and delicious.

3 chicken breasts, boned, split and skinned
4 tsp. cornstarch
4 tsp. soy sauce
1 Tbsp. dry sherry
1 egg white, slightly beaten
5 Tbsp. oil
3 whole carrots, thinly shredded
3 green peppers, thinly sliced
1 tsp. fresh ginger, thinly shredded; or 1 stalk scallion sliced into ½ inch lengths
1 tsp. sugar
2 Tbsp. cold water

Use a very sharp knife to slice chicken breasts horizontally, paper thin. This is easier if breasts are slightly frozen. Cut the slices into strips about 1/8 inch wide and 1½-2 inches long. Place in bowl.

Combine half of the cornstarch and half of the soy sauce with the sherry and egg white. Pour over chicken slivers and let stand 30 minutes.

Heat 1 Tbsp. oil in a skillet. Saute carrot slivers 1 minute. Add green pepper and saute for 1 minute. Remove vegetable mixture from pan and set to one side.

In the same pan, heat the remaining 4 Tbsp. of oil and saute ginger or scallion for 30 seconds. With a slotted spoon, remove chicken from the soy sauce, and add to pan, cooking and stirring until it shreds and turns white. Add reserved vegetable mixture, sugar and remaining soy sauce. Cook until heated through, then stir in remaining 2 tsp. of cornstarch dissolved in 2 tsp. of cold water. Cook briefly until all ingredients are coated with a clear glaze. Serves 6.