



'Italian' Stampmielies.

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Ingredients

- 1 cup Stampmielies
- 1 Onion
- 1 Yellow bell pepper
- 1 Red bell pepper
- 1 tsp Ground Bayleafs
- 2 tsp Ground Coriander seeds
- 4 Whole cloves
- 2 tsp Mild yellow curry
- ½ tsp Leafmasala
- 2 tsp Paprika
- 2 tbs Wine vinegar
- 100 g Gorgonzola cheese
- 200 g Mozzarella cheese
- 1 tin Whole Italian cherry tomatoes 400g
- 15 g Basil

Method

- Cook the Stampmielies until soft in 5 cups water.
- Fry the chopped Onion in a little olive oil together with Bayleafs, Coriander seeds and Cloves.
- Fry onion just until glassy.
- Add diced peppers, Spices and fry stirring until ingredients is mixed.
- Add the vinegar then ½ a cup water.
- Add the juice of the tomatoes.
- Add the stampmielies and simmer slowly stirring continuously. Stir and cook until sauce is thick .
- Add roughly chopped basil and the tomatoes.
- Be very careful if you stir not to break the tomatoes.
- Remove from heat. Add crumbled Gorgonzola cheese and allow to melt.
- Add grated Mozzarella and allow to melt.
- Serve warm/immediately for best result.

Serve 4 portions.

