

Recipe

Bell Pepper and Cheese Rolls

By

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Ingredients

Dough:

- ¼ oz or 7 gm active dry yeast
- ½ C warm water
- 1 Tsp sugar
- 1½ C all purpose flour
- 1½ C whole wheat flour
- 2 Tsp salt
- ¼ C olive oil
- ½ C yogurt
- 1/3 C water
- 2 Tsp sesame seeds (optional)

Filling:

- 2 Tsp oil
- ½ Tsp yellow asafetida powder
- 1 stalk celery chopped
- 1 large bell pepper chopped
- ½ Tsp dried basil
- ¼ Tsp ground black pepper
- ½ Tsp salt
- 1 C grated mozzarella cheese
- 1 Tbsp oil for brushing the top

Preparation

1. In a small bowl, dissolve the yeast warm water and sugar. Let stand until frothy.
2. In a large mixing bowl combine the flours and salt. Add the yeast mixture and combine. Gradually add the other liquid ingredients to the dough mixture. Working with your hand, form a soft dough. Cover and let rise until doubled in size, for about 1½ hours.
3. While the dough is resting, prepare the filling. Heat oil in a pan over moderate heat. Add asafetida and celery. Stir fry for ½ minute. Add the bell pepper, basil, black pepper and sauté until tender-crisp. Add salt and remove from heat. Cool the filling.

4. When the dough has risen, knead it briefly. Roll the dough into a 10-in x 8-in rectangle. Spread the filling and sprinkle the cheese over it. Starting from the longer side, roll up jelly-roll style, to form a 10-in long log. Pinch seam to seal. Place seam side down on a greased baking sheet. Brush top with little oil and sprinkle the optional sesame seeds. Cover and let rise for 45 minutes.
5. Bake in a preheated oven at 400 F/200 C for 20-25 minutes or until the top is brown. Remove from oven to wire racks. Brush with some remaining oil on top. Cool completely. Cut into 1.5-inch thick slices and serve.

Yield

1 Loaf

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Hare Rama Hare Rama Rama Rama Hare Hare**