



## STUFFED ORANGE BELL PEPPERS + BULGUR PILAF PAIRED WITH 2018 CABERNET SAUVIGNON, CASSATA VINEYARDS SONOMA VALLEY

### INGREDIENTS

4 medium-sized or small orange bell peppers  
1 recipe Bulgur-Walnut Pilaf (recipe follows)  
Olive oil, as needed

#### FOR THE BULGUR-WALNUT PILAF:

3 tablespoons extra-virgin olive oil  
1 cup uncooked bulgur  
3/4 cup boiling water  
1/2 cup fresh-squeezed lemon juice  
1/4 cup finely minced chives or scallion  
1 tablespoon minced fresh dill  
3 tablespoons minced Italian parsley

### INSTRUCTIONS

Preheat oven to 375°F. Lightly oil a baking tray. Use a paring knife to carefully cut top off of each pepper, reserving tops. Scrape out pith & seeds.

Spoon in a 1/2 cup pilaf per pepper, packing it down. Place reserved top on each pepper as a plug. Brush outside of each pepper with olive oil, & place them standing upright on the tray.

Bake for 35 min in the center of the oven. Let sit for at 5 min; serve hot or warm.

#### FOR THE BULGAR-WALNUT PILAF:

Place a medium skillet over medium heat & wait 1 min. Pour in 2 tbsp of olive oil & swirl to coat pan.

Add uncooked bulgur & sauté over medium heat for 5 min or until it gives off a toasty smell.

Pour in water, place the lid on the pan, & turn off the heat. Let stand 30 min.

After 30 min, fluff with a fork while adding remaining tbsp olive oil & lemon juice. Stir in chives, dill, parsley & feta. Then add salt & pepper to taste.

Stir in walnuts & dried fruit & serve warm or at room temperature.

#### **Dare to Pair!**

*While generally a bold and herbaceous Cabernet, the new vintage of our Cassata Cabernet is old world in terms of showing more grippy tannin and rustic fruit notes, making it ideal for this savory autumn dish. With a milder protein coming from the walnuts and bulgur, the body of this wine is both gently tempered and supported, along with fantastic accenting notes of currants and dried apricots that are so commonly found in old world Cabs.*

1/2 cup (packed) crumbled feta cheese  
1/4 teaspoon salt – or to taste  
1/2 teaspoon freshly ground black pepper to taste  
1 cup California walnuts, toasted and chopped  
3/4 cup currants or 3/4 cup chopped dried apricots