



Manganji Stuffed with *Miso*-Chicken

Serves 2 to 4

6 Manganji or Poblano peppers, each about one ounce

- 1/2 teaspoon cornstarch
- 3 ounces ground chicken, dark meat preferred
- 1 scallion or green onion, about 1 tablespoon finely minced
- 1/2 teaspoon *miso*, preferably *mugi miso* (barley-enriched fermented bean paste)
- vegetable oil
- 1/3 cup *dashi* (Basic Sea Stock)
- 1 teaspoon sugar
- 1 tablespoon soy sauce

Slit each pepper, lengthwise, and remove the seeds. With a pastry brush dipped in the cornstarch, lightly dust the inner surfaces of the pepper halves.

In a small bowl, combine the ground chicken with the remaining cornstarch, scallions and *miso* paste. Using a butter knife or small spatula, press the meat mixture in to the pepper halves, smoothing off the top surface.



In a heavy skillet set over high heat, sear the peppers, meat-side down. If you have an *otoshi-buta* (“dropped wooden lid”), use it to press on the peppers ensuring that the meat stuffing will adhere well. When the meat becomes opaque and slightly seared (about 2 minutes), flip the pepper pieces and sear the skin side for 1 minute. Flip again so that the meat side is flush with the skillet surface.

Add the *dashi* stock and sugar, jiggling the pan to ensure even distribution. Lower the heat slightly and cook for 1 minute, or until the liquid is nearly gone. Add the soy sauce, and jiggle the pan to distribute evenly. Turn the heat back up to high and glaze the peppers.

If peppers are very large, cut each in half or thirds to make eating with chopsticks easier. Transfer to individual plates and spoon any juices remaining in the pan over the peppers.