

Take the saucepan off the stove and pour in the milk. Take a whisk and keep stirring while you add the milk. Put the pan back on the flame and keep stirring till the flour and milk is mixed and there are no lumps. The sauce will start to thicken. At this point, add the cheese and stir to melt and mix.

Sprinkle 1 teaspoon of salt, the paprika or chilli powder and fresh ground pepper. The sauce will become thick — the consistency will be spreadable and pourable. Take it off the flame.

Arrange the fries in a serving dish and pour the sauce over it.

If serving as a dip, just serve it in a separate bowl. Steamed broccoli goes really well with this.

### CHEESY STUFFED CAPSICUM

Stuffed capsicum is easy, and you can innovate the stuffing to any flavours you like. This one is a great meal when you are trying to stay off carbs but craving a meaty Bolognese pasta or pizza. And baked capsicums also look very pretty when served at dinner parties, especially if you use different coloured ones — red, yellow, or green.

#### Ingredients

4 medium sized capsicums

½ kg ground beef



1 cup sliced mushrooms  
1 tin tomato paste  
2 tbsp tomato puree  
2 tbsp garlic, diced and chopped  
1 large onion, sliced  
1 tbsp extra virgin olive oil for cooking  
Extra olive oil to coat capsicum  
1 tsp dried oregano leaves  
1 tsp dried basil  
2 cups cheddar, grated  
1 cup mozzarella, grated  
2 cups fresh bread crumbs  
Salt and pepper to taste

#### Method

Cut the capsicums lengthwise in halves; cut from the stem to the base. Scoop out the seeds and try to make it as clean as possible. In a pan, add olive oil, onion and garlic. Sweat the onions and garlic, when the onions turn translucent add the ground beef and fry. When it starts to release

water, add the tomato paste and puree and stir to mix. Add a cup of water and bring to a boil.

Lower the heat to a low flame and let it stew for 20 minutes. After 20 minutes, add the mushrooms, oregano, basil and seasonings. Cook for another 10 to 15 minutes. Take it off the flame.

Now take the capsicum cups and place them on an oven proof platter. Brush them well with olive oil. Mix the two cheeses together.

Fill three fourths of the cups with meat mixture. Top the cups with cheese and sprinkle bread crumbs over them. Sprinkle some oregano to finish.

Bake in a pre-heated oven at 180 degrees for 20 - 25 minutes. Serve hot with a salad.

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