



Meat stuffed quinces

30'

Hands on

60'

Cook Time

10

Portion(s)

2

Difficulty



Method

- Wash the quinces, and cut the top part.
- Empty the whole flesh of the quinces with a spoon, leave its inside part about 0,5 cm thick, and place the flesh into a bowl that you set aside.
- In a **pot** with water and the juice of one lemon, add the quinces along with their tops and boil them for 20-30 minutes on high heat, until the quinces are tender. If the quinces' top turn tender, remove them earlier.
- At the same time, place a **frying pan** over medium heat and add 2-3 tablespoons olive oil.
- As soon as it gets hot, add the quinces' flesh, onion, garlic, leek, and carrot, all finely chopped.
- Sauté them for 5-6 minutes, until golden. Then, add the ground beef, cook for 5-6 more minutes, and deglaze the pan with the wine.
- Mix with a spatula for 1-2 minutes, until the wine evaporates, and add the pistachios finely chopped, raisins, chili flakes, thyme, lemon zest, nutmeg, cinnamon, salt, and pepper.
- Keep cooking for 2-3 minutes, and then remove from the heat.
- Add the grated gruyere while the mixture is hot, and mix.
- Preheat the oven to 180° C (356° F) set to fan.
- Fill the quinces with the mixture, cover with their tops, and add them into a **baking pan**.
- Add the olive oil, wine, salt and pepper into the baking pan.
- Seal the baking pan with aluminum foil and put it in the oven.
- Bake for 30 minutes, then remove the aluminum foil and keep baking for 30 more minutes.
- Serve onto a **plate** with a rosemary sprig and by pouring over a little of the juice that is left into the baking pan.

Ingredients

- 10 quinces
- zest and juice from 1 lemon
- 2-3 tablespoons olive oil
- the flesh from the 10 quinces
- 1 medium onion, finely chopped
- 1 clove of garlic, finely chopped
- 1 leek, finely chopped
- 1 carrot, finely chopped
- 400 g ground beef
- 50 g white wine
- 50 g pistachios
- 50 g black raisins
- ½ teaspoon chili flakes
- 1 tablespoon thyme
- 1 teaspoon nutmeg
- 1 teaspoon cinnamon
- salt
- pepper
- 100 g gruyere, grated
- 10 rosemary sprigs, to serve

For the baking

- 50 g olive oil
- 100 g wine
- salt
- pepper

Διατροφικός πίνακας

Nutrition information per portion

257 Calories (kcal)	17.0 Total Fat (g)	5.9 Saturated Fat (g)	11.0 Total Carbs (g)
13%	24%	30%	4%
10.0 Sugars (g)	12.0 Protein (g)	5.7 Fibre (g)	0.45 Sodium (g)
11%	24%	23%	8%