

LORING HALL GEYMATA

With Chef Takis

“Gemista”

Ingredients

5-6 Servings

(5-6) Tomatoes
(5-6) Green and Red peppers
1 Onion
1 Garlic clove
1/2 bunch of parsley
1/2 bunch of mint
350gr (12.5 ounces) of rice
1 cup of extra virgin olive oil
1 sliced carrot
Salt
Pepper
Sugar
1 table spoon of tomato paste
4 Potatoes

Optional:

1 zucchini moderately graded
1 eggplant moderately grade

