



RECIPE OF THE WEEK: 21/02/2022
Spetzofai Piloritiko
(Spicy Sausage & Pepper Stew from Pilion)

This is a speciality of the Pelion in Thessalia, a mountainous region on the Northern coast of Greece. Volos is the biggest city in this region, famous for this dish and also for its succulent, juicy, tasty olives. The islands neighbouring Pelion, such as Skiathos and Skopelos, adopted this dish as their own because of the abundance of sweet green and yellow peppers. The sausages used are the local specialised Pelion sausages but any Cypriot, Italian, Spanish (merguez) or French (Toulouse) can be used to produce a delicious dish.

Ingredients (Serves 4)

500g aubergines
500g sweet, thin, elongated yellow, red and green peppers
2 hot red chillies, de-seeded and finely chopped
4 tbsp olive oil
500g spicy sausages, Greek, Spanish, Italian or Toulouse
250g fresh ripe tomatoes, skinned, de-seeded and freshly chopped or 400g canned tomatoes, drained and roughly chopped
1 tbsp tomato puree
2 garlic cloves, crushed
½ tsp sugar
2-3 sprigs of fresh oregano, finely chopped or 1 tsp dried oregano
200ml hot water
sea salt and freshly ground pepper

For garnish

a small handful of fresh flat-leaf parsley, finely chopped

To serve

150g feta
bowl of tzatziki
crusty bread



Method

1. Cut the aubergines in 2cm slices.
2. Half and seed the peppers and then cut them into quarters.
3. Heat 2 tbsp olive oil in a large heavy based pan and fry the aubergines and peppers over medium heat for 10-15 minutes, until golden brown.
4. Slice the sausages into 2cm pieces.
5. Heat the rest of the olive oil in a medium sized heavy pan and fry the sausage pieces for 4-5 minutes until golden brown, turning them frequently.
6. Remove the sausages with a slotted spoon and drain them on a plate lined with kitchen paper.

7. In a large casserole, put the tomatoes, tomato puree, sausages, garlic, sugar and oregano. Add the peppers and aubergines to this vegetable mixture.

8. Add the water and season with salt and pepper. Cover the pan and cook gently for 15-20 minutes until the spetzofai is well cooked and the sauce thickens. Do not stir the dish because you might break the vegetables, just gently shake the pan.

9. Sprinkle with the parsley and serve hot.

10. Serve with feta or tzatziki and lots of crusty bread to dip into the sauce.

NB: An alternative method to cooking the spetzofai is to bake it in a medium baking dish in a pre-heated oven at 180°C/160°C fan/gas 4 for 35-40 minutes, stirring occasionally and adding more hot water if needed.

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