



Eat and drink, but waste not by excess (Al-A'raf 31)
Banu Atabay's Mütevazı Lezzetler® Turkish cooking recipes

Teshrube

Teşrube



2.20 lb foreleg lamb, boneless
4 eggplants
8 pide (small bread as pita)
3 or 4 parsley stems
1/2 tsp crushed red pepper
1 tsp salt

For marined:
1 medium size onion
2 tbsp vegetable oil
1/2 tsp crushed red pepper
1/2 tsp salt
Oregano

For sauce:
1 + 1/2 cup yogurt
4 garlic cloves
1/2 cup of water
1/2 tsp salt

Chop the meat in matchbox sized pieces, pour the mixture of oil, salt, oregano, crushed red pepper and grated onion on it, and leave in the fridge overnight.

The day after, fry the meat without adding extra oil until it colourizes. Then put into a pot and add 3 cup water and boil.

In the meantime peel the eggplants, cut into two pieces, in order to get their rancid away put them into salt water.

Dry the eggplants well, fry with the oil until it colorizes, and then add them on to the meat which is boiling (Meat must be boiled at least 35 minutes)

Cut the pides as squares and place on a service plate (1 pita is 1 portion) , pour some water, which we used for boiling the meats, over the pides to soften them, and then pour the mixture of garlic and yogurt, put the eggplants and meat on the top.

To garnish sprinkle parsley and crushed red pepper and serve.

Note: Teshrube is one of the traditional meals of Kilis, it is practically forgotten.