



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

Tas Kebab

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2.2 pounds lamb, chopped in morsel size
4 tbsp vegetable oil
2 tomatoes
1 onion
1 tbsp tomato paste
1 tsp flour
4 cup water

- # Make oil red-hot, add lamb, when the water evaporates, add finely sliced onion on it.
- # Add salt and flour and roast for 2 more minutes and then add peeled and finely sliced tomato.
- # After roasting the tomatoes for a while, add 4cup water.
- # Cook over low heat for about an hour.
- # Serve hot.

Note: In some other books it is told adding carrot and some vegetables in it.