



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

Sour Zucchini

Kabak Ekşisi



9 oz minced meat, medium fatty
2 onions
10 zucchinis, medium size
10 bell peppers
1 cup rice
1 tbsp tomato paste
1 tbsp pomegranate syrup
10 - 15 stems of parsley
10 - 15 stems of dill
1 tbsp butter
1/2 tsp black pepper
1 tsp salt
1 + 1/2 cup water
For Frying:
1 or 1 + 1/2 cup vegetable oil

- # Firstly, peel away the zucchinis. Crosscut them into 2 or 3 pieces. Carve them. Remove the seeds of the peppers also.
- # Put oil into the frying pan. When the oil turns into hot, add the zucchini pieces and fry them until their color changes. Fry the peppers also by the same way.
- # Then, prepare the filling mixture: put the butter into a pot and melt it. When the butter melts, add small onion pieces and fry them until they turn into pink.
- # Add minced meat into the pot and cook it until it gives its broth and soaks it again. Add washed and drained rice and cook it by stirring constantly for a few minutes.
- # Add half of the tomato paste, pomegranate syrup, salt, black pepper, small dill piece and parsley into the mixture. Remove the pot from the stove.
- # Fill this mixture into the peppers and zucchinis, but not firmly. Place those peppers and zucchinis into the pot.
- # Mix the remaining tomato paste with water. Pour this mixture all over the prepared peppers and zucchinis.
- # Place the pot over the high heat, cover its lid. When the meal reaches the boiling temperature turn the heat to low and cook it for 25 minutes more.
- # Serve it hot.

Note: Sour Zucchini recipe is belong to Malatya. Originally plum syrup is used instead of pomegranate syrup.