



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

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## Eggplant Salad with Sesame Oil

Tahinli Patlıcan Salatas



3 medium size eggplants  
1/3 cup sesame oil  
2 garlic cloves  
3 tbsp olive oil  
Juice of half lemon  
10-15 stems of parsley  
1 tsp salt  
1 tsp flaked red pepper

- # Make some small holes in eggplants by knifepoint.
- # Place them into the oven which is preheated to 374 F. Bake them for about 25-30 minutes.
- # Then make a cut in the middle of the eggplant lengthwise. Remove the inner side of it by a spoon. Pour lemon juice on it to prevent it darkens.
- # Transfer those removed parts of the eggplants into a mixing bowl. Add mashed garlic and chopped parsley on it.
- # Whisk the mixture of sesame oil, lemon juice, olive oil, salt and flaked red pepper in another bowl.
- # Pour this mixture onto the eggplant mixture. Mix it until turns into homogenous.
- # Transfer the salad into a service plate, firm its shape and serve.

**Note:** It is important to choose eggplants which are not hard. Hard eggplants have more seeds and their seeds are bigger than normal.