



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

Kebab With Yogurt

Yoğurtlu Kebab



17.6 ounces ground beef
1 onion, big size
17.6 ounces yogurt
5 garlic cloves
6 flat breads
1/3 cup vegetable oil
6 long green peppers
9-10 stems of parsley
1 tsp salt
1/2 tsp crushed red pepper
1 tbsp tomato paste
1/2 tsp black pepper
2 tbsp vegetable oil

- # Knead the ground beef, salt, black pepper and grated onion for 10 minutes. Rest for half an hour, pick walnut sized pieces from the stuffing. Make finger shaped meatballs.
- # Grill the meatballs, in the meantime cut the flat breads into a few pieces and place on a tray.
- # Make paste watery, add 1/3 cup vegetable oil and some salt, and cook until the paste's colour changes to a degree.
- # Pour this mixture on the flat breads.
- # Pound the garlic cloves with some salt, and mix with yogurt, pour this mixture over the meatballs.
- # Put 2 tbsp oil on the skillet and add crushed red pepper in it, and make red-hot. And then pour all over the yogurt.
- # Garnish with parsley and serve.

Note: You can cook this meal with lamb cubes, or without adding garlic to the yogurt also.