



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

Stewed Lamb with Eggplant

Patlıcanlı Kuzu Güveci



2.2 lbs eggplant
1.1 lbs lamb cubes
2 onions, medium size
1 tsp salt
6 tbsp vegetable oil
1 cup hot water
6 long peppers
4 tomatoes

- # Firstly, peel the eggplants multi-colored. Rest them in salty water for half hour.
- # Pour vegetable oil into a pot. When it turns into hot, add small onion pieces and roast them until they turn into pink.
- # Add the lamb cubes into the pot. When it gives its broth add tomato paste and salt. Roast it until it soaks the broth again totally.
- # Add hot water at the end. Boil it for a while and remove it from the stove.
- # Remove the eggplants from the salty water and dry them. Slice them into pieces, each has 1 inch thickness.
- # Transfer the eggplant pieces into the stewpot. Transfer the meat mixture into the stewpot also.
- # Add seeds removed and chopped peppers and tomatoes which are cut into 8 slices.
- # Place the stewpot into the oven which is preheated to 374 F. Stew the meal for about 45 minutes.

Note: This recipe may be cooked on stove instead of baking also.