



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

Horse Bean with Yogurt

Yoğurtlu Bakla



1.1 lbs horse beans
11 oz chicken breast
1 boiled chickpeas
1 garlic bulb
1 tsp salt
1 cup condensed yogurt
1 egg
1/2 cup water
For the Upper Side:
6 tbsp vegetable oil
1 tsp flaked red pepper

- # Cut the breast into cubes that each is 2 times of a dice. Transfer those pieces into a pot and add water until it totally covers the breast cubes. Cover the lid of the pot.
- # Place the pot over medium heat. 10 minutes later than it reaches the boiling temperature, add horsebeans which are cut into a few pieves and very small garlic pieces. Do not stir it.
- # 15 minutes later than adding horsebeans and garlic, add chickpeas and salt. Cook the mixture until horsebeans soften.
- # Meanwhile, whisk the mixture of yogurt, egg, water and some salt, until the mixture smoothens totally.
- # Pour the yogurt mixture into the cooking meal and stir the mixture for first time.
- # Cook it for a while more, until the yogurt mixture turns into hot. Then, remove the pot from the stove.
- # Transfer the meal into a service plate and pour the mixture of fried red pepper and oil all over.

Note: 2-3 cloves of garlic may be added into the meal instead of 1 fresh garlic bulb.