



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

İslim Kebab

İslim Kebabı



4 aubergines
1.10 pounds lamb
2 onions
1 tbsp tomato paste
2 tomatoes
4 sweet bell peppers
1/3 cup vegetable oil
1 + 1/2 tsp salt
1/2 tsp black pepper
1 cup oil, for frying

- # Peel the aubergines, rest in salt water for half an hour.
- # Dice the lamb, put onto the oil which is getting hot in a pot and roast, when the water evaporates add the finely sliced onions, when the onions get cooked add salt, black pepper and tomato paste, stir a few times, and then remove from the stove.
- # Get the aubergines out of the water, dry, slit each into 4 pieces.
- # Fry the aubergine pieces with red-hot oil.
- # Place the cooked and drained aubergines into a bowl as the plus sign, and place the 3rd piece crosswise, put the drained stuffing into it, cover the outer sides of the aubergines on it.
- # Put them on a tray upside down, place the onion rings, tomato and pepper slices on it. You can fix them also by the help of toothpicks.
- # Repeat this act until all the ingredients finish, pour the drained oil of the lamb all over the kebab. Cook in 374 F for about 15-20 minutes.
- # Serve hot.

Note: İslim Kebab is an Ottoman recipe.