



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

Peach Kebab

eftali Kebab



1 piece lamb abdominal membrane
1.10 pounds ground meat
4 long green peppers
2 tomatoes
Half bunch parsley
1/2 tsp cumin
1/2 tsp crushed red pepper
1/2 tsp black pepper
1 + 1/2 tsp salt

- # Remove the extra fat over the lamb abdominal membrane after washing it, and rest it in 1 cup warm water for 15 minutes.
- # Knead the mixture of ground meat, crushed red pepper, cumin, black pepper and salt, and divide into 6 portions, shape into oval patties.
- # Cut the membrane into 6 pieces after removing from the water.
- # Place 1 tomato slice on the middle of each membrane piece, 1 patty on it, cleaned long pepper near them. Wrap like a bundle.
- # Turn bundles upside-down. Place on the oven tray. Add 1 cup water on it. # Place the tray into the 392 F oven and cook for 45-50 minutes.
- # Place on the service plate, garnish with parsley and serve.

Note: Peach Kebab is a Cypriot recipe. It is original name is "Chef Ali's Kebab", because of a misunderstanding it became "Seftali Kebab". They have so similar sounds. "Seftali" means "peach" in Turkish.