



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

Kebab With Yogurt And Eggplant

Ali Nazik



5 eggplants
7 ounces ground meat, fat free
1/3 cup vegetable oil
1 cup yogurt
1 tsp salt
5 garlic cloves
1 tsp crushed red pepper

- # Roast the eggplants over very low heat or grill them. Peel them while they are hot yet.
- # Put the ground meat in a small pot and roast with 1/3 cup oil by stirring constantly. Just before it gets cooked, add salt.
- # Slice the roasted and peeled eggplants.
- # Add the eggplant on the meat which is over low heat. Cook them together for about 5 minutes.
- # Whisk the yogurt in a deep bowl, and add garlic cloves which are pounded with some salt, mix.
- # Lay the mixture of meat and eggplant on a plate, and spread the mixture of yogurt and garlic on it.
- # Finally pour the crushed red pepper which is fried with the remaining red-hot oil.
- # Serve hot.

Note: Ali Nazik is the recipe of Gaziantep region.