



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

Tripe Stew

İřkembe Yahnisi



2.2 pounds veal tripe
1 cup chickpea
2 onions
1 tbsp tomato paste
7 tbsp vegetable oil
1 + 1/2 tsp salt

Clean the tripe, and boil for 50 minutes in pressure cooker.
Saut onion cubes, add tomato paste when the onions turn pick.
Chop the tripe into big cubes, and add into the mixture with onion, and then add boiled chickpeas, salt and 2 cup water from the pressure cooker. Cook over low heat for 15 minutes.
Serve hot.

Note: You can use garnish which is prepared with 1 egg, juice of a lemon and 2 tbsp flour. Add this garnish before removing from the stove.