



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

Lamb Stew Served on Mashed Aubergine

Hünkar Beğendi



3 aubergines
1.10 pounds lamb cubes
5 tbsp vegetable oil
1 tomato
1 onion
1 cup milk
1 tbsp flour
1 tsp salt
1/2 tsp black pepper

- # Barbecue 3 aubergines. Roast the onion with oil, add the lamb cubes.
- # When the gravy evaporates add 1 cup hot water, cook until they soften. Finally add salt and black pepper.
- # Roast flour with 2 tbsp flour in a separate pot, add barbecued and finely sliced aubergines, and add milk and mix.
- # Place this mixture on the plate and flatten it, and place the mixture of lamb stew on it. Serve hot.

Note: You can roast 2 garlic cloves with onion also.