



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

Mulebbes Stuffing

Mulebbes Dolması



2.20 pounds aubergines
1 cup rice
1 + 1/2 cups ground meat
2 onions
7 tbsp vegetable oil
2 eggs
2 tbsp flour
Half bunch parsley
1 + 1/2 tsp salt
1/2 tsp black pepper
1 cup oil, for frying

- # Remove the heads of the aubergines (don't cast away), make holes for stuffing, rest in salt water without peeling for half an hour.
- # Slice the onions finely, and add washed rice, ground meat, salt, black pepper, vegetable oil and mix. Finally add the chopped parsley, mix without breaking the rice, add 1 cup water.
- # Fill the mixture into the drained and caved aubergines. (Fill 2/3 of the holes, because the rice will grow.)
- # Whisk the eggs with flour in a deep bowl, and dip the stuffed aubergines into this mixture, par-fry in hot oil.
- # Place the fried stuffed aubergines into the pot, pour 2 cups hot water all over, cook until the aubergines soften.
- # Serve hot.

Note: Mubelles Stuffing is a recipe of Ottoman Cuisine, because of that it is cooked without paste addition.