



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

Chicken Tabez

Tavuk Tabez



2 chicken breasts
1 onion
2 tbsp vegetable oil
3 long green peppers
4 tbsp canned green beans
1 tbsp tomato paste
1 tsp salt
1/2 tsp black pepper

For Dough:
1/2 matchbox sized yeast
1 egg
3 tbsp yogurt
2 tbsp vegetable oil
2 cups flour
1 tsp salt
1/3 cup warm water

- # Dissolve the yeast in the hot water, add yogurt, egg, salt and flour little by little while kneading the mixture, finally add the oil and get smooth dough, cover it with wet fabric and rest the dough for 1 hour.
- # While resting the dough prepare the mixture. Roast the small chicken cubes with oil, add finely sliced green peppers and finely sliced onion on, roast them all together for a while, after adding the tomato paste add the green beans finally, and roast them for 5 more minutes, remove from the stove.
- # Roll out the rested dough to the size bigger than a plate.
- # Place the rolled out dough into the greased cake mould.
- # Place the cooked mixture with chicken on it and flatten.
- # Cover the edges of the dough which are staying out of the mould on the mixture.
- # Rest it for 1 hour.
- # Cook in 347 F oven for 45 minutes.
- # Reverse it after removing from the oven.
- # Slice and serve.

Note: The cause of adding the oil finally to prevent the dough grows.