



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

Meatballs between Eggplant Slices

Dilim Dolma



8.8 ounces fatless ground meat
1 cup bulgur, thin type
1 medium onion
4 medium eggplants
1 tsp pepper paste
2 tomatoes
1 + 1/2 tsp salt

For the Sauce:
1 tbsp tomato paste
Juice of half lemon
3 cups hot water

For Frying:
Vegetable oil

- # Firstly peel the eggplants multi-color and rest them in salt water for half an hour. Then slice them into pieces for frying, fry and place onto paper towel to remove extra oil.
- # Put the bulgur into a mixing bowl, add grated onion and 1/2 tsp salt on it, and mix it.
- # Then, add ground meat, 1 tsp pepper paste in it also. Wet your hands and knead this mixture for 15 minutes. Pick pieces, which are smaller than walnuts, from this mixture and shape them.
- # Place half of the fried eggplant pieces into a pot and place the meatballs on them. Place the remaining eggplant pieces over the meatballs.
- # Place the tomato circles on the top. Put tomato paste into a separate bowl, add 3 cups hot water, lemon juice and 1 tsp salt on it. Mix this mixture well and pour it over the meal in the pot.
- # Cover the lid on and place the pot over high heat. 5 minutes later turn the heat to low and cook the meal for 25 more minutes. Then, remove it from the stove.
- # Serve it hot.

Note: Meatballs between Eggplant Slices is a recipe from Elazig city region, but it is almost forgotten.