



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

---

## Braised Lamb Meat Cubes Brownd In Its Own Fat

Çoban Kavurma



2.20 pounds lamb cubes  
2-3 long green pepper  
1 big onion  
1 tsp salt  
1/2 tsp black pepper

- # Put the lamb cubes in a pot.
- # Add chopped onion and long green pepper chunks.
- # Cook over medium heat without adding oil.
- # Add salt and black pepper just before taking from the stove.
- # Serve hot.

Note: There must be no adding to lamb at this recipe in fact. Onion and pepper are just used for garnish.