



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

Beefsteak with Yogurt Sauce

Terbiyeli Biftek



17.6 ounces beefsteak, pounded
4 long green peppers
2 tomatoes
1/3 cup yogurt
1 onion, small size
1 tbsp olive oil
Salt, black pepper

- # Mix the grated onion with olive oil and yogurt.
- # Place the beefsteaks on a large plate and flatten them.
- # Pour the mixture over the beefsteaks and let it stand in fridge overnight.
- # Cook the rested beefsteaks with peppers and tomatoes on a grill. Drizzle salt and black pepper.
- # Garnish with sliced onion and serve.

Note: You can cook grilled lamb on skewers by using the same mixture.