



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

Boiled Beef

Dana Haşlama



1.10 pounds round beef
2 medium potatoes
1 big onion
4 long green peppers
2 medium tomatoes
1 tsp salt
2 cups water

- # Cut the round beef into matchbox sized pieces. Peel the potatoes, cut into 2 pieces. Cut the each onion into 4 pieces. Peel the tomatoes and cut each one into 2 pieces.
- # Put the beef pieces into the pressure cooker at first, then add the peppers, onion pieces, potatoes and the tomatoes on the top, sprinkle salt and add water.
- # Cover the lid on, cook over high heat, when it reaches to the boiling point turn the heat to low and cook for 15 more minutes. Turn off the stove.
- # When the vapour gets away uncover the lid, place the meal into the service plate with some of its water.
- # You can garnish with finely sliced parsley and lemon slices.

Note: You can cook lamb also by this method, you should decrease the time of cooking in that case.