



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

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## Filled Celeries

Kereviz Dolması



10-12 celeries  
8.8 oz minced calf meat  
1 cup rice  
1 tbsp tomato paste  
2 medium size onions  
Half bunch parsley  
8-10 stems dill  
8-10 stems fresh mint  
1/3 cup sunflower oil  
1 tsp black pepper  
1 + 1/2 tsp salt  
2 cups hot water

- # Prepare the filling mixture firstly. Chop the onions thinly and kenad those pieces with salt to soften.
- # Add minced meat, tomato paste, washed rice, finely chopped mint, dill, parsley, black pepper and sunflower oil. Mix it carefully without breaking the rice.
- # Peel the celeries. Then, cut each of them into 2 pieces. Carve them as a glass by a spoon or another carver instrument. Then, place them into lemon juice added water.
- # Fill the prepared stuffing mixture into the celeries loosely. Place them into a pot. (If your pot is small, you may place them as two layers.)
- # Place the pot over medium heat, cover the lid of the pot and cook for about 10-15 minutes without adding water into pot.
- # And then, add 2 cups hot water in it. Cover the lid of the pot again and cook for 25 minutes more.
- # Serve it hot.

**Note:** You may get a nice salad with the removed celery pieces.