



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

Bowl Kebap

Kase Kebabi



6 square shaped flaked pastries
1.7 lbs calf meat cubes
2 onions
2 cloves of garlic
1.1 lbs mushrooms
1 cup canned green peas
1 tbsp tomato paste
1/3 cup vegetable oil
1/2 tsp black pepper
1 tsp salt
For the Upper Side:
1 cup grated kasar cheese

Roll out the flaked pastries over floured bench by a rolling pin to enlarge them a bit. Grease the backsides of heat-resistant bowls with vegetable oil.
Cover the greased backsides of the bowls with the rolled out flaked pastries. Place those bowls onto a baking tray with the covered dough. Make the dough stay upside. Place the tray into the oven which is preheated to 375 F. Bake them until the dough turns into red.
Meanwhile, prepare the filling mixture. Pour the oil into a pot. When it turns into hot, add meat cubes and cook it until it gives its broth and starts to soak again.
Then, add half circle shaped sliced onion and cook until the onion slices soften.
And then, add thickly chopped pepper, thinly sliced garlic and tomato paste.
About 5 minutes later, add cube shaped cut mushrooms and cook it for about 10 minutes.
Finally, add peas, salt and black pepper. After short time, remove the pot from the stove.
Remove the baked dough pieces from their bowls and place them into the greased baking tray.
Divide the cool meat mixture into those dough bowls. Sprinkle kasar cheese all over.
Place the tray into the oven which is preheated to 375 F. Cook until the cheese melts.

Note: Instead of preparing dough bowls, you may just fill the mixture into bowls and bake in the bowls also.