



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

Garden Kebap

Bostan Kebabi



6 small fat eggplants
2 onions
1.1 lbs lamb cubes
1 tbsp tomato paste
2 long green peppers
2 tomatoes
1 cup canned green peas
6 tbsp vegetable oil
1 tsp salt
For the Sauce:
1 tbsp tomato paste
1 cup water
1 tbsp vegetable oil
1/4 tsp salt
For the Upper Side:
6 slices of tomatoes
1 cup grated kasar cheese

- # Peel the eggplants multi-colored. Rest them in salty water, then remove them from salty water and dry.
- # Make some cuts over the eggplants by the knife point. Pour some oil all over the eggplants. Place them into a cooking bag.
- # Place the bag into the oven which is preheated to about 375-390 F. Cook it, until the eggplants soften.
- # Meanwhile, prepare the filling mixture. Fry the thinly diced onions, until they turn into pink. Then, add lamb cubes on the onion pieces. Cook until the lamb cubes give their broth and soak again.
- # Add thinly chopped peppers, tomato paste and salt. Cook it for 5 minutes. Add thinly diced tomatoes and green peas. Cover the lid of the pot and cook for 15 minutes.
- # Remove the eggplants from the oven and place into a small baking tray. Make cuts lengthwise over the eggplants. You may enlarge these cuts a bit.
- # Divide prepared filling mixture into these cuts. Mix the sauce mixture in a bowl and pour it all over the eggplants.
- # Place the tomato slices over the eggplants and sprinkle kasar cheese.
- # Place the tray into the oven which is preheated to 375 F. Cook the meal until the cheese melts.

Note: Garden Kebap may be cooked in a pot also.