



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

Trakya Tavasi

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1.1 lbs lamb cubes
1 onion
3 medium size tomatoes
2 long green peppers
1 carrot
1/3 cup vegetable oil
1 tbsp tomato paste
1/2 tsp black pepper
1 tsp salt
For the Upper Side:
1 cup yogurt
2 eggs
2 tbsp flour
1/4 tsp salt
1 cup grated kasar cheese

- # Pour the vegetable oil into a pot. When it turns into hot, add diced onion and lamb cubes.
- # When the lamb gives its broth add diced carrot in it. Add thinly sliced peppers and thinly diced tomatoes respectively and 5 minutes between additions.
- # When the tomato gives its juice, add tomato paste, salt and black pepper. Cover the lid of the pot and cook it for 20 minutes.
- # Transfer the prepared mixture into a proper size baking tray. Wait for its steam goes away.
- # Meanwhile, prepare the upper side mixture. Whisk the mixture of yogurt, egg, flour and salt, until this mixture smoothens.
- # Then, pour the mixture all over the meat mixture in the tray. Finally, sprinkle grated kasar cheese to the top.
- # Place the tray into the oven which is preheated to 355 F. Cook the meal, until the cheese layer turns into red.
- # Slice it into squared and serve.

Note: Adding carrot into the mixture is optional.