



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

Aubergine Mousaka

Patlıcan Musakka



2.20 pounds aubergine
8.8 ounces ground meat
2 onion, medium size
2 long green peppers
1 tomato, big size
1 tbsp tomato paste
1/3 cup vegetable oil
Salt

- # Peel the aubergines multi-coloured, rest in salt water for half an hour.
- # Fry the diced onion with oil until it turns pink.
- # Add the finely sliced pepper and ground meat, stir consistently for get a smooth mixture.
- # When all of the water evaporates, add tomato paste and then grated tomato.
- # Finally add salt and turn the stove off.
- # Slice the aubergines which are rested in the salt water as mausaka style.
- # Place the warm mixture which you have prepared in to bowl.
- # Place the aubergines in the pot which you have cook the mixture in it.
- # Add the mixture with ground meat on it.
- # Cook over medium heat without water for 5 minutes, and then add 1 + 1/2 cups hot water and cook for about 30-35 more minutes.

Note: You can cook potato instead of spinach by the same recipe.