



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

Zucchini Stew

Kabak Bastı



1 cup boiled chickpea
2.20 lbs zucchini
17.6 ounces beef cubes
2 onions
1/3 cup vegetable oil
1 tbsp tomato paste
1 tbsp dried mint
Juice of a lemon
1 tsp salt

- # Dice the onions, fry until it turns pink.
- # Add the lamb cubes in it.
- # When the water evaporates add paste, cook until its smell goes away.
- # Add the peeled zucchini, boiled chickpea and salt into the mixture with lamb.
- # Finally add 2 cup hot gravy, cook until the zucchini soften.
- # Just before it gets cooked add mint and lemon juice and turn off the stove.

Note: This is a meal of Gaziantep region. You can cook this meal with quince instead of zucchini.