



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

Sauté Mushrooms

Mantar Sote



1.10 pounds mushroom
5 garlic cloves
6 tbsp vegetable oil
2 long green peppers
2 tomatoes
1/2 tsp black pepper
1 + 1/2 tsp salt

- # Peel the garlic cloves and slice finely, and sauté with 6 tbsp oil.
- # When the garlic cloves soften add finely sliced long green peppers, mix for a while.
- # Add grated tomatoes, when the tomatoes get cooked, add the thickly chopped mushrooms. Sprinkle salt and black pepper.
- # Cook it over low heat for about 20-25 minutes but do not let the mushrooms become smaller too much.

Note: Because of the juice of the mushrooms there is no need to add more water.