



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

Aubergine Ragout Ogreten

Patlıcan Musakka Ogreten



2.20 pounds aubergine
2 onions
8.8 ounces ground meat
5 tbsp vegetable oil
2 tomatoes
1 tbsp tomato paste
2 long green peppers
1 tsp salt
2 cups water

- # Peel the aubergines multi-coloured, rest in salt water to remove its sour taste.
- # Put the oil and the diced onions into the pot, cook until the onions turn to pink.
- # Add the ground meat, finely sliced long green peppers, tomato paste and chopped tomatoes respectively and 5 minutes rests after adding each one.
- # Finally add 1 + 1/2 cup hot water and cook over medium heat for 15 minutes.
- # Drain the aubergines, slice and place on an oven tray as playing cards.
- # Pour the mixture of ground meat at first, and then béchamel sauce all over.
- # Cook in 356 F oven, until the upper side turns red.

Note: Béchamel sauce; roast 2 tbsp flour with 1 tbsp margarine. Add 1 cup water slowly, stir until it reaches to the consistency of milk pudding, add salt, and pour all over the aubergine ragout.