



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

Lamb Stew Served on Mashed Aubergine

Hünkar Beğendi



3 aubergines
1.10 pounds lamb cubes
5 tbsp vegetable oil
1 tomato
1 onion
1 cup milk
1 tbsp flour
1 tsp salt
1/2 tsp black pepper

Barbecue 3 aubergines. Roast the onion with oil, add the lamb cubes.

When the gravy evaporates add 1 cup hot water, cook until they soften. Finally add salt and black pepper.

Roast flour with 2 tbsp flour in a separate pot, add barbecued and finely sliced aubergines, and add milk and mix.

Place this mixture on the plate and flatten it, and place the mixture of lamb stew on it. Serve hot.

Note: You can roast 2 garlic cloves with onion also.