



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

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## Sura

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1 medium size cabbage  
2.20 pounds lamb  
2 cups rice  
2 big onions  
1 tsp black pepper  
2 tsp salt  
2 tbsp margarine  
2 tbsp vegetable oil  
2 cups water

- # Boil the cabbage without cutting it.
- # Cook ground meat, chopped onion, butter and oil together for about 1 hour.
- # Place the boiled cabbage into a pot, open the leaves but don't divide the cabbage.
- # After opening the leaves, there will be a space in the middle, place the cooked meat in this space, and the rice which is heated and drained, salt and black pepper.
- # Close the leaves again and get the cabbage to its original shape.
- # Add 2 cups water and cook for about 1.5 hours.

Note: Sura is a kind of rolled cabbage recipe. The difference is cooking it without dividing into pieces.