



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

Aubergine Oturtma

Patlıcan Oturtma



4 big aubergines
1 big onion
8.8 ounces ground meat
2 medium tomatoes
1 tbsp tomato paste
1 tsp salt
1/2 tsp black pepper
1/3 cup vegetable oil

- # Put 3 tbsp oil into the pot, chop the onion and put into the pot.
- # Roast the onion until it turns to pink, add ground meat, when the gravy of the ground meat evaporates add tomato paste, black pepper and salt, cook for 5 more minutes, remove from the stove.
- # Peel the aubergines multi coloured, transect each aubergine into 4 pieces.
- # Make small caves in these aubergine pieces. Rest the pieces in salt water for half an hour.
- # Remove them from the salt water, wash, drain and dry them.
- # Fry the aubergines a little with some oil in a pot.
- # Place the fried aubergines on a flat tray, fill the mixture on the caves, and place 1 slice of tomato on each cave for covering.
- # Add 2 cups hot water into the pot, cook over medium heat for 25 minutes.
- # Serve hot.

Note: You can cook the aubergine oturtma in 374 F oven for about 20-25 minutes also.