



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

Zucchini Ogreten with Cheese

Peynirli Kabak Ogreten



4 zucchinis, for stuffing
8.8 ounces grated feta cheese
2 tbsp margarine
1/2 litre milk
1 tablespoonful flour
7 ounces kashar cheese
1/3 cup black pepper
1 tsp salt
1 egg
3-4 stems of dill

- # Slit each zucchini into 2 pieces.
- # Cave the pieces a little.
- # Par-boil the zucchini pieces with some water.
- # Roast the flour with margarine, add the milk slowly, and remove from the stove when it reaches to the right consistency, so you cooked a béchamel sauce by this method.
- # When the sauce cools down, break 1 egg into, add black pepper and mix well.
- # Fill the mixture of finely sliced dill and cheese into the caves.
- # Place the stuffed zucchinis on the oven tray, and pour the béchamel sauce all over.
- # Place the grated kashar cheese on the top.
- # Cook in 392 F oven, until it turns to red.

Note: Meals with béchamel sauce is generally called ogreten.