



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

Stuffed Aubergine Karniyarik

Karniyarik



2.20 pounds medium size aubergines, straight
10.6 ounces ground veal
2 big onions
2 big tomatoes
4 long green peppers
1 tbsp tomato paste
7 tbsp vegetable oil
1 tsp salt
1 cup oil, for frying
1 cup boiling water

- # Peel the aubergines multi-coloured, rest in salt water without cutting for half an hour.
- # Put 7 tbsp vegetable oil into the pot, when it gets hot add the ground veal. When the gravy of the veal evaporates, add chopped onion.
- # When the onion pieces soften add finely sliced peppers. When the peppers get cooked a little, add the tomato paste at first, then grated tomatoes.
- # Add salt and remove the pot from the stove.
- # Remove aubergines from salt water, and dry them.
- # Put 1 cup oil to the pan, when the oil gets hot add the aubergines, and fry them until they turns to pink.
- # Place the fried aubergines on the paper towel to remove its extra oil.
- # Place the aubergines into a flat pot or a pan with lid, make holes on the aubergines for stuffing them.
- # Make these holes larger, and fill the cooked stuffing into these holes.
- # Place half peppers on these, and tomato circles. After preparing all these aubergines, pour 1 cup hot water all over, cover the lid on.
- # Place the pot over low heat and cook for 20 minutes.
- # Serve hot.

Note: You can cook the meal in 347 F oven for 15-20 minutes instead of cooking over low heat for 20 minutes.