



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

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## Sihilmahsi

Şihilmahşı



2.20 straight zucchinis  
1.10 pounds ground meat  
2 onions  
7 tbsp vegetable oil  
1/2 cup thickly pounded roasted chickpeas  
1 + 1/2 tsp salt  
1 tsp black pepper  
1 + 1/2 cups yogurt  
6 garlic cloves  
1 cup oil, for frying

- # Make caves in the zucchinis, fry without cutting them into pieces.
- # Dice the onions, roast them until they turn pink, roast the ground meat also, add salt, black pepper, and add the roasted chickpeas after removing the pot from the stove.
- # Fill the stuffing into the fried zucchinis.
- # Place the zucchinis into a flat pot.
- # Add 1 cup hot water all over, cook over medium heat for about 10-15 minutes.
- # Place the stuffed zucchinis on the service plates, and pour the mixture of pounded garlic and yogurt all over.

**Note:** Sihilmahsi is the traditional recipe of Kilis. It means "the Shah of the Stuffed Vegetables".