



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

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## Mulebbes Stuffing

Mülebbes Dolması



2.20 pounds aubergines  
1 cup rice  
1 + 1/2 cups ground meat  
2 onions  
7 tbsp vegetable oil  
2 eggs  
2 tbsp flour  
Half bunch parsley  
1 + 1/2 tsp salt  
1/2 tsp black pepper  
1 cup oil, for frying

# Remove the heads of the aubergines (don't cast away), make holes for stuffing, rest in salt water without peeling for half an hour.

# Slice the onions finely, and add washed rice, ground meat, salt, black pepper, vegetable oil and mix. Finally add the chopped parsley, mix without breaking the rice, add 1 cup water.

# Fill the mixture into the drained and caved aubergines. (Fill 2/3 of the holes, because the rice will grow.)

# Whisk the eggs with flour in a deep bowl, and dip the stuffed aubergines into this mixture, par-fry in hot oil.

# Place the fried stuffed aubergines into the pot, pour 2 cups hot water all over, cook until the aubergines soften.

# Serve hot.

Note: Mubelles Stuffing is a recipe of Ottoman Cuisine, because of that it is cooked without paste addition.