



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

Chicken Beykoz

Piliç Beykoz



2 big eggplants
25- 28 ounces chicken breast
1 onion
2 tomatoes
1/2 tsp flour
1 tsp salt
7 tbsp vegetable oil
2 cups water

For Garnish:
2 small tomatoes
2 small sweet bell peppers

- # Pell the eggplants, for getting its bitter taste wait it in salt water for half an hour.
- # Drain and cut each eggplant into 4 pieces as rulers.
- # Sauté the eggplants with red dot oil for a while.
- # Add the chicken into the remaining oil after sautéing the eggplants and sauté them too, then add finely sliced onion and flour, stir, add grated tomatoes, salt, and hot water, cook over low heat for 25 minutes.
- # Place the eggplants cross, add the mixture with chicken onto the middle, close the cross sides of the eggplants as they will be down while placing on the oven tray.
- # At first place tomato slice on it and then pepper slice, and then pour 1 cup hot water.
- # Cook in the 356 F oven for about 15-20 minutes.

Note: You can cook this meal also by using zucchini instead of eggplant.