



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

Split Aubergines with Tomatoes and Onion

İmambayıldı



6 aubergines, good shaped ones are advised
4 onions, medium size
2 tomatoes, big size
12 garlic cloves
1/3 cup + 1 tbsp olive oil
2 sugar cubes
1 + 1/2 cup water

- # Pell each eggplant alternating strips, let them stand in salt water for half an hour.
- # Slice the onions into fine half circles, slice the garlic cloves, and dice the tomatoes.
- # Remove the eggplants from the salt water, wash and dry.
- # Place in a large pot without cutting them.
- # Add sliced and kneaded with some salt for a while onion, garlic, tomato, olive oil, salt, sugar and finally hot water.
- # Cook until the aubergines soften.
- # Make holes in the eggplants by the help of a fork, and place the cooked mixture in it.
- # Cook the eggplants after filling them for about 10 more minutes.
- # Serve warm or hot.

Note: There are some alternative ways for cooking this meal, but this one is the most healthful.