



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

Fresh Horse Beans with Olive Oil

Zeytinyağlı Taze Bakla



2.20 pounds fresh horse bean
1 onion
4-5 scallions
2/3 cup olive oil
2 sugar cubes
2 cup water
1 tsp salt

- # Clean the horse beans, cut off the vessels in the edges, wash and drain.
- # Slice the onions, cut the scallions into horse bean sizes.
- # Place the mixture of horse beans and onions into the pot.
- # Add oil, salt and sugar. Cook over medium heat for about 20-25 minutes, until the horse beans soften.
- # Then add 2 cups water and cook for 1 more hour.
- # Turn off the stove and let the meal cool down. Turn the pot over the service plate while it is warm.
- # You can garnish with finely sliced dill.

Note: Fresh garlic which is sold with the same season with fresh horse beans is a good garnish for this meal.