



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

Papara with Chickpea

Nohutlu Papara



1 cup boiled chickpea
8.8 ounces mutton cubes
6 slices of stale bread
1 onion
1 tsp salt

For Sauce:
1 cup yogurt
3 garlic cloves, pounded
1 tbsp vegetable oil
1/2 tsp crushed red pepper

- # Wash the chickpeas, put into a pot and cover with water, rest it overnight.
- # The day after, Add mutton cubes and finely sliced onion on the chickpeas, boil all together. When it gets cooked add salt.
- # Slit the stale bread slices, and toast the bread slices.
- # Place the bread slices on the service plate, and then pour the cooked mixture all over while it is still warm.
- # Mix the pounded garlic with yogurt, and pour all over the meal. Make the oil red hot with crushed red pepper. Pour all over the yogurt. Serve warm.

Note: Papara is traditional Anatolian meal for utilizing stale breads.