



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

Abant Kebab

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3 yufkas
300 grams steak fillet
2 aubergines
1 medium potato
1 medium onion
1 medium carrot
1 long green pepper
1/3 cup canned green peas
1 medium tomato
1 tbsp tomato paste
7 tbsp sunflower oil
1/2 tsp black pepper
1 tsp salt
Vegetable oil for frying

- # Peel the aubergines, rest it in salt water for half an hour, and cut them into cubes, cut the potato and the onion into cubes also.
- # Fry the vegetables with hot oil, place on the paper towel. Put the oil into a pot, when it gets hot, add the small steak fillet cubes in it. When the gravy evaporates, add finely sliced onion and green pepper.
- # When the onion softens, add the tomato paste. Sauté for a few minutes, and then add the tomato and the fried vegetables.
- # Add canned green beans, black pepper, salt and 1/3 cup hot water into the pot, cover the lid on and cook it over medium heat for 20 minutes.
- # Meanwhile cut each yufka into 8 triangle shaped pieces. (24 pieces total)
- # When the cooked stuffing becomes tepid, place it on a colander.
- # Superpose 2 of the yufkas, place enough cooked stuffing on the large side of the yufka. Roll the yufka. Prepare all kebabs by this method, place them on the greased medium oven tray firmly, and spread some vegetable oil all over by the help of a brush.
- # Cook in the oven which is preheated to 410 F, until they turn pink a little.
- # Remove from the oven and wait for a while for getting it tepid a little, and then place on the service plate, pour all over the water which you cooked the stuffing with.
- # Garnish with parsley leaves and serve hot.

Note: Abant Kebab is from Bolu.