



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

Bun with Eggplant

Patlıcanlı Çörek



1/2 pack margarine
1/3 cup vegetable oil
1/3 cup yogurt
1 tbsp vinegar
1 egg white
Flour
1 pack backing powder
1 + 1/2 tsp salt

For Stuffing:
2 eggplants
5.3 ounces ground meat
1 cup walnut
5 tbsp vegetable oil
8-9 parsley stems
1 tsp salt

For Upper Side:
1 yolk
1 tbsp nigella seeds

Pell the eggplants and dice, roast with 5 tbsp vegetable oil !!!
Get the roasted eggplants and ground meat together in a bowl. Drizzle salt and pounded walnut into them. When it starts to cooling down add finely sliced parsley stems into them.
When the stuffing cools down prepare the dough. Mix the room temperature softened margarine, vegetable oil, yogurt, vinegar, egg white by the help of your fingertips. Add salt, baking powder and flour little by little while kneading.
Cover the dough, which has a medium thickness, rest for at least half an hour and then cut into 4 pieces.
Roll over each dough pieces to get 1/4 inch thicknesses. Cut the edges of the dough pieces to get good rectangle shapes. (Place the pieces which you cut on the rectangles)
Put some stuffing on the long side of the rectangles and roll. Spread yolk on it and drizzle nigella seeds, and cut this roll into the pieces which has 1/2 inch width. Cook in the oven which was preheated to 365 F until its upper side turns red.

Note: The vinegar in the dough makes the buns brittle.