



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

Eggplant Pickle

Patlıcan Turşusu



2.2 pounds eggplant
4 red capsicums
1 cup vinegar
2 + 1/2 tbsp rock salt
15-20 garlic cloves
8-10 stems of parsley
1/2 tbsp lemon salt
Water

- # Pell off the green leaves of eggplants, cut into a few parts without peeling its outer surface.
- # Put the eggplants into boiling salty water. And take out before it gets totally cooked.
- # Stow the not totally cooked eggplants, put some weight on them if you have.
- # The day after place a layer of eggplant and then a layer of red capsicums which are chopped into a few parts, and repeat this act until the jar gets full. By the way place pounded garlic between the layers.
- # When the jar gets full, pour 1 cup of vinegar into the jar and then fill the space with water.
- # Pour the mixture of vinegar and water in the jar to a bowl, add rock salt and lemon salt and mix well.
- # Pour the mixture again into the jar, place stems of parsley on the top. Cover the lid well.
- # A few days later, if the eggplants absorb all the liquid, add vinegar into the jar.
- # You can serve the pickle 10 days later.

Note: You can add 2-3 bay leaves into eggplant pickle.