



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

Saucers

Bardak Altı



3 + 1/2 cups flour
1 cup yogurt
1/2 cup vegetable oil
1/2 cup water
1 + 1/2 tsp salt

For Stuffing:
8.8 ounces ground meat, fatless
1 onion, medium size
1 long green pepper
1/2 tsp pepper paste
1/2 tsp tomato paste
1/2 tsp black pepper
1 tsp salt
4 stems of parsley

For Frying:
Vegetable oil

- # Put the yogurt, vegetable oil, water and salt into a deep bowl. Mix it to get a smooth mixture.
- # Add flour onto it while kneading the mixture. Rest the dough for half an hour.
- # Meanwhile prepare the stuffing. Mix finely chopped onion, long green pepper, ground meat, pepper paste, tomato paste, salt and finely sliced parsley.
- # Divide the rested dough into 12 equal pieces. After rolling them between your palms, roll them out into the size of dessert plate.
- # After rolling all the dough pieces, wet the middle of the pieces by your fingertips, divide the prepared stuffing to place them onto these spaces, and force on them, and fold the edges.
- # Cook the stuffed side of the saucer at first in hot oil at first, and then cook the other side of them with pink colour. Serve them hot.

Note: You should be careful while cooking the saucers because of the hot oil.