



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

Black Eyed Pea with Olive Oil

Zeytinyağlı Börölce



2.20 pounds black eyed pea
1 big onion
2 long green peppers
3/4 cup olive oil
1 tsp pepper paste
1 + 1/2 tsp salt
1 cup hot water
2 cube sugars

- # Wash the black eyed peas, drain, cut off the heads, cut into 2 or 3 pieces.
- # Slice or dice the onions.
- # Put the black eyed pea, onion and salt into a deep bowl, and knead until the colour of the black eyed peas changes.
- # Put the olive oil into the pot, when it becomes hot over medium heat, add sliced pepper and paste, stir a few times.
- # Add the kneaded mixture on the peppers, roast for 3-4 minutes by stirring constantly.
- # Add the cube sugars, add hot water, and cover the lid on, cook over low heat for about 35-40 minutes.
- # You can serve tepid or cold.

Note: Olive oil dishes are served tepid in Aegean region.