



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

## Stuffed Eggplant Pickle

Patlıcan Dolması Turşusu



2.2 pounds eggplants, small fresh ones are advised  
1 garlic bulb  
8-10 cabbage leaves  
2 carrots  
2 red capsicums  
2 tbsp rock salt  
1 tbsp salt of lemon  
Vinegar, water, parley stems

- # Wash the eggplants, clean its green leaves, cut the heads of them. Add them into the boiling water with lemon juice, parboil.
- # Get the eggplants out, place on a flat place like tin, and put a weight for removing its bitter taste. Let it stand for a night.
- # The day after, stuff the cabbage leaves, red capsicums, carrots, some garlic cloves, both of them are finely sliced and kneaded with salt into the eggplants which are slit particularly.
- # Belt the stuffed eggplants with parsley stems firmly.
- # Put the stuffed eggplants into the jar, place pounded garlic between them.
- # After filling the jar fill vinegar until it reaches half of the jar, fill the other half with water.
- # Pour this liquid mixture into a bowl from the jar, add rock salt and salt of lemon and whisk very well.
- # Now fill this mixture into the jar which is filled with eggplants again.
- # Put heavyweight stuff on the top, it can be a well cleaned stone. Cover the jars lid very well.
- # Eggplants absorb the liquid very fast. So you should add vinegar 5 days later.

**Note:** You must use rock salt while preparing pickle definitely.