



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

Aubergine Salad with Yogurt

Yoğurtlu Patlıcan Salatası



4 aubergines, seed free
3 garlic cloves
1 cup yogurt
7 tbsp olive oil
1/2 tsp crushed red pepper
1 tsp salt
Juice of half lemon

- # Make some holes in the aubergines by the help of the knife.
- # Cook in the very hot oven without adding anything until they soften.
- # Peel immediately after removing from the oven, while they are still hot.
- # Wash them with cold water.
- # Slice finely and pour lemon juices all over, to prevent the aubergines darken.
- # Whisk the yogurt until it becomes smooth, and add pounded garlic cloves and mix. Pour this mixture all over the aubergines.
- # Pour olive oil and sprinkle crushed red pepper all over to garnish.

Note: You can add roasted peppers to the aubergines also.