



## UNIT 11 / Turkiye

# Karniyarik

### Ingredients

(4 servings)

- 6 eggplants
  - 250 gr. ground beef
  - 1 onion
  - 2 green peppers
  - 1 tomato
  - 1 tablespoon tomato paste
  - 1 teaspoon paprika
  - 1 clove of garlic
  - Salt
  - Black Pepper
  - Cumin
  - Vegetable oil to fry the eggplants
- Sauce:
- 1 tablespoon tomato paste
  - 1 teaspoon paprika and 1.5 cups of water
  - Tomato and pepper slices to top it

### Directions

- Take the stem ends off the eggplants and peel strips off with a vegetable peeler or a knife in a zebra pattern (this will help them hold their shapes better),
- Soak them in salty water for 20 mins (to get rid of the bitterness) and tap them dry with paper towel,
- Heat the vegetable oil in a frying pan with high sides and fry the whole eggplants on all sides,
- Sauté the finely chopped onion, pepper and grated garlic in vegetable oil in a separate skillet,
- Add in the ground beef and cook until it turns light brown,
- Stir in the tomato paste, paprika, black pepper, salt and cumin,
- Add in the tomato cut into small cubes and cook for 3-4 mins,
- Place the fried eggplants on a baking dish,
- Make indents in the centre to create space for the filling,
- Distribute the filling equally among the eggplants,
- Place tomato and pepper slices on top,
- Stir together the sauce ingredients and pour over the filled eggplants,
- Bake at 190 degrees celsius until the tomato and pepper slices start turning brown.





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