

The Hirshon Turkish Sultan's Delight - Hünkâr Beğendi

Yield: 4 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-recipe-eggplant-minced-meat>

Ingredients:

- 2 1/4 pounds meat trimmed, boneless lamb leg, diced into 3 cm, 1" pieces
- 2 tablespoons tomato paste
- 2 tablespoons capsicum paste, optional but TFD preferred, this is the Southern Turkish way – replace with tomato paste if not using
- 3 garlic cloves crushed
- 2 onions finely chopped
- 3 bay leaves Turkish of course!
- 2 tablespoons olive oil preferably Turkish
- 1 tablespoon pepper flakes Urfa Biber, totally optional, TFD addition
- 1 green pepper finely chopped
- 1 yellow pepper finely chopped, TFD alteration, original called for green
- 4 tomatoes ripe, diced
- 3 tablespoons butter
- 1 cup lamb stock preferred, chicken stock or water
- 1/2 cup parsley finely chopped
- eggplant pureé
- 4 eggplants large
- 1/2 butter a stick of
- 1/4 cup plain flour
- 1 1/4 cups organic milk whole
- 1/2 cup mature cheese grated Turkish hard, kasar or kashkaval cheese, see Note

Nutrition:

1. Calories: 1240 calories
2. Carbohydrate: 62 grams
3. Cholesterol: 235 milligrams
4. Fat: 84 grams

5. Fiber: 22 grams
 6. Protein: 62 grams
 7. SaturatedFat: 36 grams
 8. Sodium: 540 milligrams
 9. Sugar: 24 grams
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