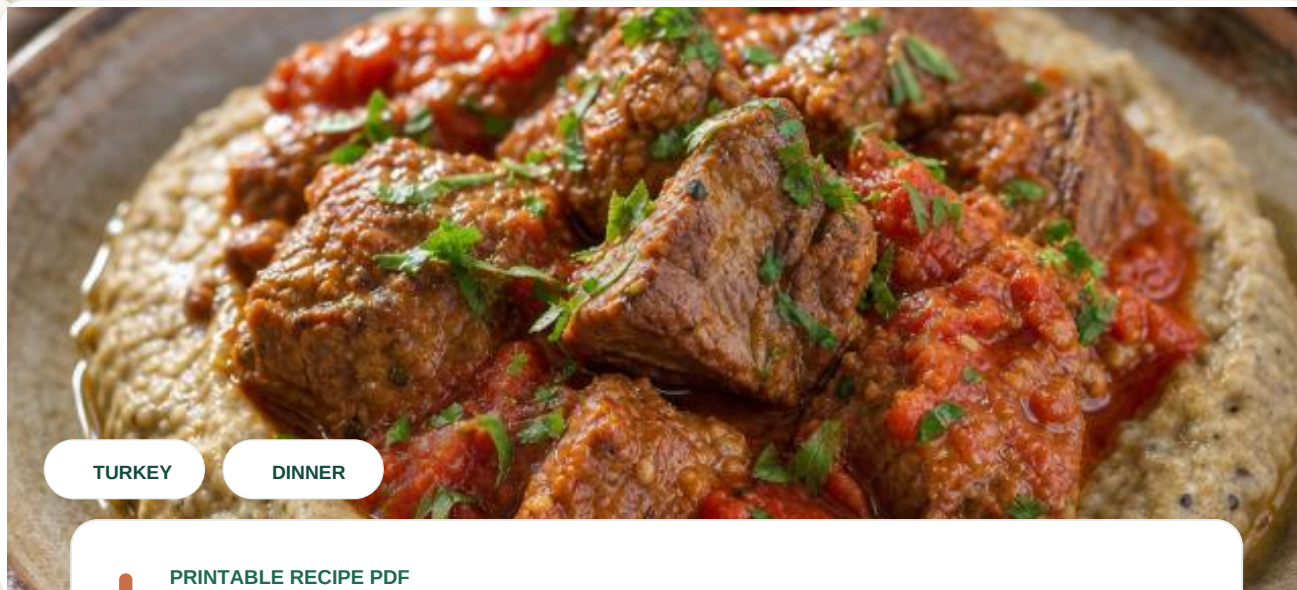




TURKEY

DINNER

PRINTABLE RECIPE PDF

Turkish Hünkar Begendi

Hünkar Begendi, which translates to 'the Sultan liked it', is a traditional Ottoman dish that showcases the culinary sophistication of the empire. The dish

PREP

30 min

COOK

90 min

SERVINGS

4

DIFFICULTY

Medium

SHOPPING LIST

Ingredients

- 500 grams lamb shoulder - cut into cubes
- 2 tablespoons olive oil - for cooking
- 1 medium onion - finely chopped
- 2 cloves garlic - minced
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1 can chopped tomatoes
- 1 cup water
- 2 medium eggplants - roasted and peeled
- 1/2 cup milk
- 2 tablespoons butter
- 1/2 cup grated cheese - optional, for serving
- salt to taste
- black pepper to taste

WHY THIS WORKS

About this recipe

A printable Turkish Hünkar Begendi recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Hünkar Begendi, which translates to 'the Sultan liked it', is a traditional Ottoman dish that showcases the culinary sophistication of the empire. The dish features tender lamb stew served over a creamy roasted eggplant purée,

ORIGIN & TRADITION

Mediterranean context

Hünkâr Beğendi, which translates to 'the Sultan liked it', is a traditional Ottoman dish that showcases the culinary sophistication of the empire. The dish features tender lamb stew served over a creamy roasted eggplant purée, reflecting the use of ingredients and flavors that were favored by sultans and their courts.

METHOD

Step-by-step instructions

1

In a large pot, heat olive oil over medium heat. Add chopped onion and sauté until soft. Stir in minced garlic and cook for another minute until fragrant.

2

Add the lamb cubes, season with salt, black pepper, cumin, and paprika. Brown the meat on all sides.

3

Pour in the chopped tomatoes and water, bring to a boil. Reduce heat, cover, and let it simmer for about 1.5 hours, or until the lamb is tender.

4

While the lamb is cooking, roast the eggplants over an open flame or in the oven until the skin is charred. Peel and mash the flesh.

5

In a separate saucepan, melt butter and mix in the roasted eggplant puree. Gradually add milk, stirring until smooth. Adjust seasoning with salt and pepper.

6

To serve, place the creamy eggplant purée on a plate and top with the lamb stew. Garnish with grated cheese if desired.

CHEF'S TIP

For an authentic flavor, roast the eggplants over an open flame for a smoky taste.

NUTRITION PER SERVING (EST.)

Calories	520 kcal	Fat	30 g
Protein	35 g	Fiber	7 g
Carbohydrates	28 g	Sodium	600 mg

SERVING SUGGESTION

Serve Hünkâr Begendi with warm pita bread and a side of fresh salad to balance the richness of the dish.

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