



TURKEY

DINNER

PRINTABLE RECIPE PDF

Turkish Karniyarik

Karniyarik, meaning 'split belly', is a beloved Turkish dish that reflects the rich culinary heritage of the region. Traditionally, it is made with eggplants

PREP

30 min

COOK

45 min

SERVINGS

4

DIFFICULTY

Medium

SHOPPING LIST

Ingredients

- 4 medium eggplants - preferably with a slightly shiny skin
- 300 g ground beef or lamb - choose a mixture for richer flavor
- 1 medium onion - finely chopped
- 2 cloves garlic - minced
- 2 medium tomatoes - peeled and chopped
- 1 tablespoon tomato paste
- 1 teaspoon red pepper flakes - adjust to taste
- 1 teaspoon black pepper
- 1 teaspoon salt - to taste
- 2 tablespoons olive oil - for cooking
- ½ cup rice - washed and drained
- 1 cup water - for cooking rice
- 2 tablespoons fresh parsley - chopped, for garnish

WHY THIS WORKS

About this recipe

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

MEDITERRANEAN NOTE

Karniyarik, meaning 'split belly', is a beloved Turkish dish that reflects the rich culinary heritage of the region. Traditionally, it is made with eggplants that are stuffed with a savory mixture of ground meat, rice, and spices,

ORIGIN & TRADITION

Mediterranean context

Karniyarik, meaning 'split belly', is a beloved Turkish dish that reflects the rich culinary heritage of the region. Traditionally, it is made with eggplants that are stuffed with a savory mixture of ground meat, rice, and spices, showcasing the use of local vegetables and aromatic flavors prevalent in Turkish cuisine.

METHOD

Step-by-step instructions

1

Start by preparing the eggplants. Cut them in half lengthwise and scoop out some of the flesh to create a boat-like shape. Sprinkle salt on the insides to draw out moisture and bitterness, then let them rest for about 20 minutes before rinsing and patting dry.

2

In a skillet, heat olive oil over medium heat. Add the chopped onion and minced garlic, sautéing until softened and fragrant. Then add the ground meat, cooking until browned. Stir in the chopped tomatoes, tomato paste, rice, red pepper flakes, black pepper, and salt. Pour in the water, mix well, and let it simmer until the rice is partially cooked, about 10-15 minutes.

3

Preheat the oven to 180°C (350°F). Fill each eggplant half with the meat and rice mixture, then place them in a baking dish. Drizzle a little olive oil over the top and cover the dish with aluminum foil. Bake for 25-30 minutes until the eggplants are tender.

4

Uncover and bake for an additional 10 minutes to allow the tops to brown slightly. Remove from the oven, let them cool for a few minutes, and garnish with fresh parsley before serving.

CHEF'S TIP

Be careful not to overcook the rice while preparing the filling, as it will continue to cook in the oven and should remain slightly firm.

NUTRITION PER SERVING (EST.)

Calories	450 kcal	Fat	25 g
Protein	25 g	Fiber	7 g
Carbohydrates	30 g	Sodium	600 mg

SERVING SUGGESTION

Serve the karniyarik hot with a side of yogurt and a fresh salad made of cucumbers and tomatoes for a refreshing contrast.

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