

# IWAM Turkish Cooking Lesson with Deniz Aydoslu

## The Sultan Liked It - Hünkar Beğendi

Serves: 4

Cooking time:1,5 hours

This is a classic Turkish dish that was served at the Ottoman Imperial Palace on special days / feasts. Basically, it is an eggplant (aubergine) béchamel with a type of meat stew on top.

Traditionally, it is made with Lamb, but can also be made with beef, chicken, or meatballs (polpette).

Other than meatballs, the rest needs to be marinated (ideally from the night before).

For those of you who don't like the idea of marinating in milk, you can marinade in olive oil.

The recipe is from "ZeeZoo in the kitchen" on Instagram: <https://www.instagram.com/zeezoointhekitchen/>  
She is a super duper Turkish woman that lives in London and posts super delicious Turkish recipes in detail in English with beautiful photos and videos.

Deniz strongly recommends following her on Instagram too.

### Shopping List

- 3 long kind eggplants (aubergines) or 4 if short (if you can't find the long ones, get 2 fat ones though they are a bit seedy)
- 1 can of Tomato puree, or 3 Tomatoes that you make a puree by yourself
- 600/700 grams of Lamb cubes (or beef, or chicken or meatballs)
- 2 white onions
- 3 bay leaves
- 3 stems of fresh Thyme (or dried thyme)
- 1 lt milk
- normal white Flour
- 120 grams of Cheddar cheese (or grana padana, parmigiana, provolone)
- garlic
- black pepper
- oregano
- salt
- sweet (or spicy) paprika
- nutmeg
- 60 grams of butter and some olive oil
- half a lemon (optional)

### Kitchen utensils needed

- 1 deep pot
- 1 oven tray & parchment paper (and an oven)
- pasta drainer to drain the eggplants
- 2 shallow pans
- a large pan for the eggplant puree
- a normal size pan one preferably with grill lining for sealing the meat before cooking in the stew
- 1 whisk and any blender that can quickly chop the onion for the stew
- 1 cheese grater
- cutting board

### Lamb Marinade process

Ideally left to marinade overnight, if not, any marination done even from the beginning will help make the meat softer. Put the lamb cubes in a bowl with a largely chopped onion, 2 bay leaves, black pepper, fresh or dried thyme.

#### You will need:

- 600/700 grams of lamb cubes
- 1 white onion
- 2 bay leaves
- 1 teaspoon black pepper
- 1 teaspoon oregano
- 2 stems of fresh or dried thyme
- Milk; enough to slightly cover the bowl in which lamb cubes will marinade in.

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#### Lamb Stew

- 1 finely chopped white onion
- 3 tomatoes puree, or 1 can of tomato puree will also do
- 3 cloves of peeled garlic
- 1 bay leaf
- 1 tea spoon of sweet paprika (those that love spicy, go for spicy) 1 tea spoon of black pepper
- 1 tea spoon of salt

#### Eggplant Puree

- 3 long eggplants or 4 smaller ones
- 60 grams of butter + some olive oil
- 200 grams of milk
- 3 tablespoons of flour (regular white flour)
- 120 grams of cheddar (grana padana or parmigiano, or provolone cheese will also do)
- 1/2 grated nutmeg
- 1/2 tea spoon salt
- 1 teaspoon of pepper

#### Method

- Marinate the lamb cubes with black pepper, roughly chopped onion, 2 bay leaves, 2 fresh thyme, oregano, and milk overnight.
- Cut the eggplants in half, place them on the oven tray facing down, punch holes on them with a fork, drizzle olive oil on top and send in the oven for 40-45 minutes on 175C preheated oven. when ready, the eggplants skin must be fully cooked, and super soft if you poke them.
- In a shallow pan, preferably with a grill the lamb cubes at highest temperature to seal them.
- Stir the finely chopped onion in olive oil until they turn caramel color. Add garlic cloves, lamb cubes, pepper, sweet paprika, and tomato puree. Put 1 thyme, dried oregano, 1 bay leaf, and leave to cook for about 15 minutes.
- Take out the eggplants, flip them over, and scoop out the insides with a spoon to put in a pasta drainer to drain out their water while you squish them with a fork. Take them out, and roughly cut them on a cutting board.
- In a larger shallow pan, melt the butter and some olive oil, add the flour and stir until it smells nutty.
- Add the milk and constantly whisk it until it gets creamy.
- Add the eggplants, (a squeeze of lemon juice to stop them turning dark in colour) salt, pepper, nutmeg and keep on stirring.
- Finally, add the cheese and whisk for 2 more minutes.