

STUFFED BULGUR

Ingredients

3 kilos of eggplant

1.5 cups of coarse bulgur (one and a half cups)

4 tablespoons vegetable oil

2 bunch parsley

4 red bell peppers

3 green bell peppers

2 large onions

1 tablespoon of pepper molasses

tablespoon tomato molasses

150 ml pomegranate molasses (cup)

5 tablespoons olive oil

1 mint

Teaspoon salt

Half a teaspoon of black pepper

Half a teaspoon of mixed spice

3 tomatoes

100 grams of chickpeas (cup)

100 grams of meat

200 grams of fat

tablespoon walnut

For the stuffed broth:

3 tablespoons tomato molasses

2 heads of garlic

Juice of 4 lemons (3/4 cup)

tablespoon salt

two liters of water

2 tablespoons dry mint

Directions

To prepare the bulgur: Roast the bulgur in oil, then pour it into a bowl and add chopped parsley, red pepper (finely chopped), chopped green pepper, chopped mint, chopped onion, black pepper, Aleppo spice (or mixed spice), salt, tomato molasses , pepper molasses, tomato (squeezed), meat (great, and do not put meat), pomegranate molasses, chickpeas (soaked the night before and boiled half-boiled, and you add it without boiling), olive oil, walnuts (chopped), and then we mix the ingredients well . To prepare the stuffing: we dig out the eggplant pieces (you must leave a little eggplant pulp while digging), then we stuff the eggplant pieces in the filling. To prepare the broth: In a bowl, put tomato molasses, garlic (finely crushed), lemon juice, salt, water, dry mint, then stir all the ingredients. Application stage: In the cooking pot we put the fat pieces, then the stuffed eggplant, then put the broth, then we raise the pot over a high heat and leave it until boiling, and after boiling we put the fire on the quiet and close the pot and leave it again for 45-60 minutes, and then it becomes The stuffing is ready.

C H E F O M A R

Bon Apetit!