

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!