

## **Kuruluk Dolması** (*Mince Meat and Bulgur Stuffed Dried Vegetables*)

### Ingredients:

10 **Dried eggplants**<sup>1</sup>  
10 **Dried zucchini**<sup>1</sup>  
5 **Dried red peppers**<sup>1</sup>  
400 gr. (14 oz.) Ground beef  
2.5 cups Bulgur rice  
2 tbsp. Olive oil  
2 tbsp. Tomato paste  
1 tbsp. Red pepper paste  
2 Onion, finely minced  
1 Head of garlic, peeled, 3 of the cloves minced  
1 tbsp. **Turkish red pepper flakes**<sup>2</sup>  
½ tbsp. Salt  
1 ½ tsp. Allspice  
1 ½ tsp. Black pepper  
1 Lemon, juiced

### For the bottom of the pot:

1 Carrot, sliced  
1 Onion, sliced  
1 bunch Parsley, with the stems

### Instructions:

- Place the dried eggplants and zucchini in separate pots with enough water to cover and boil for about 30 minutes, until softened.
- Soak the dried red peppers in hot water for 15-20 minutes.
- Layer the bottom of the pot with slices of onions, carrots and parsley.
- Place the bulgur in a bowl with hot water and a pinch of salt and keep for 15 minutes. Then strain and wash.
- In a large bowl combine the bulgur, 1 tablespoon of tomato paste, pepper paste, minced garlic and onions, 1 ½ tsp. of salt, all the spices and ½ cup of water and mix well.
- Fill the eggplants, zucchini and peppers only ¾ of the way with the bulgur mixture. Place them into the pot in layers. On the bottom start with zucchini, top it with eggplants and then peppers on the very top.
- Make a paste out of the whole garlic cloves with a pinch of salt. Mix this a cup of hot water and 1 tbsp. of tomato paste and pour this mixture over the stuffed vegetables.
- Place a plate upside down on top of the vegetables and cover the lid.
- Over a low flame cook for about 45-50 minutes or until the vegetables have softened.
- Before taking it off the heat, add the juice of one lemon. Take off the heat and let it sit for about 15 minutes, lid still covered.
- Serve hot with yoghurt on the side.

1) *Dried Vegetables: Dried vegetables, namely dried eggplant, zucchini or red peppers are generally found in specialty spice shops located around the city. To give an example you can buy them from the shop called “Malatya Pazarı” inside the Spice Market, also at the spice shops located in the Fish Market in Beyoğlu and Kadıköy Market. They are usually sold by weight or by the string.*

2) *Turkish red pepper flakes: “Pul biber” in Turkish is the typical red pepper flakes used in Turkish cooking. It can be purchased from any supermarket or smaller stores. They usually come in smaller packs of 40gr. (≈1.4 oz.) to 175gr. (≈6 oz.). It*

*can also be found in the Spice Market area. "Ayfer Kaur" is my spice shop of choice and they can also vacuum pack it.*