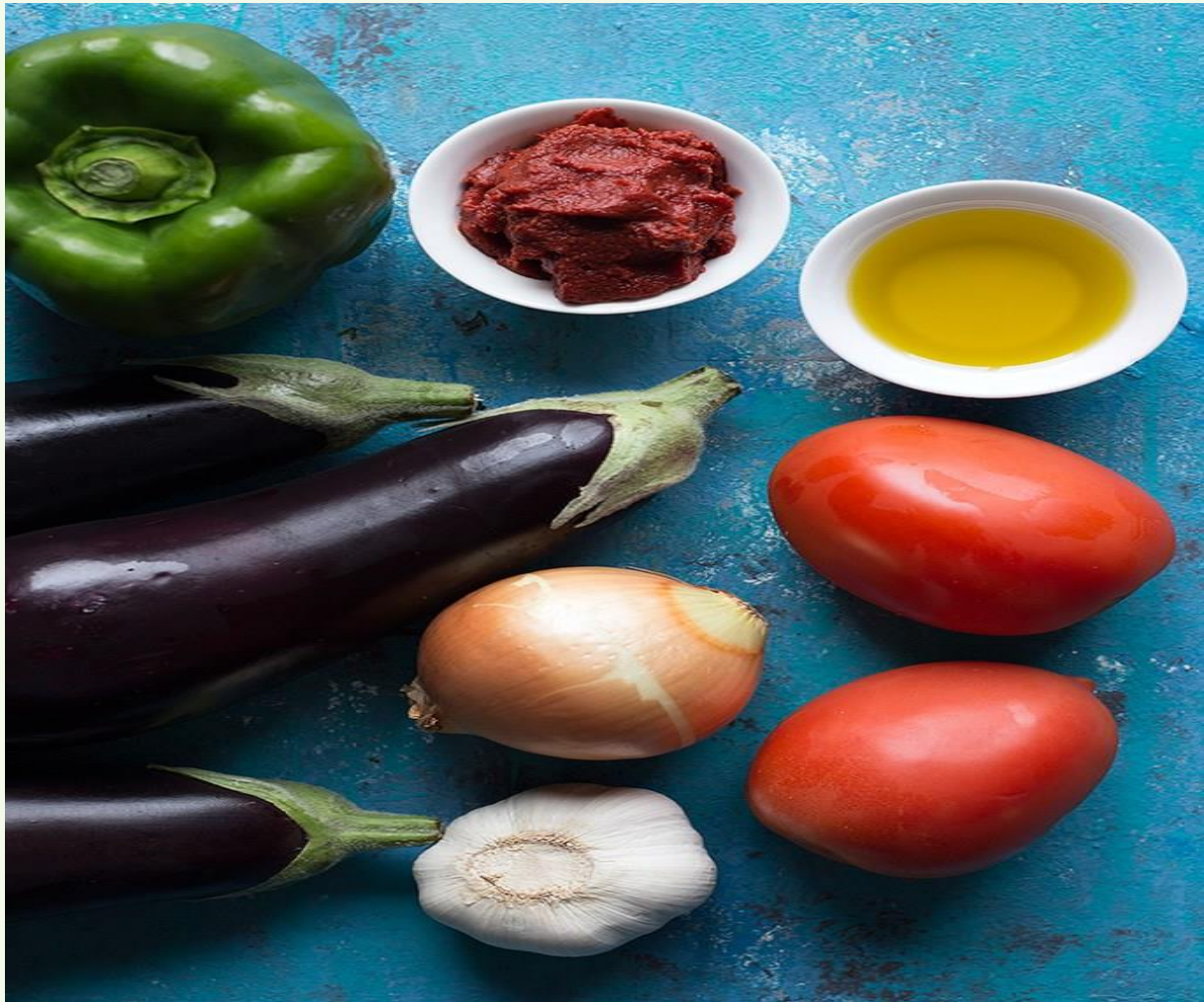


KARNIYARIK - STUFFED EGGPLANT RECIPE INGREDIENTS TO MAKE STUFFED EGGPLANT RECIPE



To make karniyarik, you need the following ingredients:

- Eggplants
- Ground beef
- Onions
- Garlic
- Green pepper
- Tomatoes
- Tomato paste

As for the tomato sauce, you simply need some tomato paste and hot water. The seasoning for this ground beef stuffed eggplant is salt and pepper.

WHAT KIND OF EGGPLANTS SHOULD I USE TO MAKE KARNIYARIK?

I recommend you use small eggplants for this recipe as they cook better. They are also softer and more tender compared to globe eggplants which are very large and have deep purple skin color. Small Italian eggplants are perfect for this recipe.

HOW TO MAKE STUFFED EGGPLANT TURKISH STYLE

Making Karniyarik has two main steps:

- **Prepare the eggplant:**

Peel strips from the skin of the eggplants. Cut a slit in the middle of the eggplants without cutting all the way through. Fill a large bowl with water and add 1 tsp salt to it. Place the eggplants in salt water for 30 minutes to get rid of their bitterness. This also helps the eggplants absorb less oil when frying them.

After 30 minutes, gently squeeze the eggplants and dry with a paper towel. Heat vegetable oil in a pan and fry the eggplants on all sides until cooked and brown. The eggplants will be pretty soft. Place the fried eggplants on a paper towel to absorb excess oil.



Prepare the ground beef filling:

While the eggplants are soaking in salt water, make the filling by sauteing onion in olive oil. Add garlic to the onion and saute until golden brown. Mix in ground beef and brown it completely, followed by chopped green pepper and tomatoes. Add tomato paste, salt and pepper to the ground beef mixture and cook for about 10 more minutes.

Put the eggplants in a baking dish and fill them with the ground beef mixture. Make the sauce by mixing tomato paste and hot water and spoon it over the stuffed eggplants and also pour it into the dish. Bake in the oven at 350°F for about 30 minutes until eggplants are fully cooked and soft.



CAN I ROAST THE EGGPLANT?

Traditionally, the eggplant is fried to Turkish stuffed eggplant. However, you can also roast the eggplants for this recipe. To do so, peel strips on the skin of the eggplants and poke them with a fork. Brush with 1 tablespoon olive oil and roast in the oven at 200°F for about 25 minutes. Once the eggplants are roasted, cut a slit in each of them. Then proceed with making the filling and stuffing the eggplants. Then cook the stuffed eggplants in the oven at 350°F for about 20 minutes.



WHAT TO SERVE WITH KARNIYARIK

Karniyarik is a delicious complete meal on its own, but it also goes very well with some **white rice pilaf**. It's also commonly served with a bowl of cold **cacik** to balance the flavors.

HOW TO FREEZE STUFFED EGGPLANT

Let the cooked stuffed eggplants cool completely, then place them in a container and freeze for up to 2 months. To serve, thaw in the fridge and cook in the oven for about 15 minutes at 350°F.