

# Eggplant Lamb Chops Kebab

Traditional Turkish Eggplant Lamb Chops Kebab with potatoes - a flavorful baked dish perfect for special occasions. Easy recipe with step-by-step guide.

30 min

PREP

50 min

COOK

1h 20min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

## Ingredients

- 12 lamb chop
- 5 eggplant
- 1 onion
- 2 potato
- 2 tomato
- 1 capia pepper
- 1 green pepper
- 1 tbsp tomato paste
- 0.5 tbsp pepper paste
- 1 tsp black pepper
- 1 tsp chili flakes
- 1 tsp salt
- 4 tbsp olive oil
- 2 tbsp butter

## Instructions

### 1 Prepare the lamb base

Heat 1 tablespoon butter and 0.5 tablespoon olive oil in a large pan over medium heat. Add 1 chopped onion and cook until soft and translucent, about 5-6 minutes, stirring occasionally.

- 2 Add all 12 lamb chops to the pan and brown on both sides, about 4-5 minutes per side, until well-colored and meat juices begin to evaporate.

### 3 **Build the sauce**

Add 1 tablespoon tomato paste and cook for 2-3 minutes, stirring constantly to prevent burning. Season with 1 teaspoon each of salt, black pepper, and paprika.

4 Add enough hot water to create a light sauce that just covers the bottom of the pan. Simmer for 10 minutes, then remove lamb chops and reserve the cooking liquid separately.

### 5 **Prepare the vegetables**

Preheat oven to 200°C (390°F). Peel 5 eggplants in alternating strips, leaving some skin for structure, then cut into thick rounds.

6 Heat 4 tablespoons olive oil in a large frying pan over medium-high heat. Fry eggplant rounds until golden brown on both sides, about 3-4 minutes per side. Transfer to paper towels to drain.

7 Cut 2 potatoes into thick rings and fry in the same oil until golden brown and tender, about 4-5 minutes per side. Drain on paper towels.

### 8 **Assemble the kebab**

Arrange fried eggplant rounds in the bottom of a large baking dish. Place potato rings between the eggplant pieces, then nestle the browned lamb chops on top.

9 Slice 1 tomato into rounds and cut 2 green peppers into strips. Distribute tomato slices and pepper strips evenly throughout the dish, tucking them between the meat and vegetables.

### 10 **Bake to perfection**

Pour the reserved cooking liquid evenly over the entire dish. Cover tightly with aluminum foil and bake for 25-30 minutes, until vegetables are tender and lamb is cooked through.

## Tips

Salt the eggplants and let them drain for 30 minutes before frying to remove bitterness and reduce oil absorption.

Don't overcrowd the pan when browning lamb chops - work in batches if necessary to ensure proper searing and flavor development.

Fry potatoes and eggplants in hot oil (around 350°F) for the best texture and to minimize oil absorption.

Let the tomato and pepper paste cook for 2-3 minutes to develop deeper flavors before adding liquid.

Cover the baking dish with foil for the first 20 minutes if the top starts browning too quickly.

Allow the dish to rest for 10 minutes after baking to let the flavors settle and make serving easier.

Use a meat thermometer to ensure lamb reaches an internal temperature of 145°F for medium-rare or 160°F for medium doneness.

Save some of the cooking liquid to serve alongside the dish in case anyone wants extra sauce.