

Turkish Braised Meat

Authentic Turkish braised meat recipe perfect for Eid al-Adha. Tender, flavorful meat cooked with tail fat and spices - a traditional feast dish.

15	150	165	2	Hard
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

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Ingredients

- 2.2 lb stew meat
- 1 tsp salt
- 3.2 oz tail fat
- 1 tsp black pepper
- 1 tsp oregano

Instructions

- 1 Prepare the fat**

Chop the 3.2 oz tail fat into small cubes about ¼ inch in size. Heat a heavy-bottomed pot or Dutch oven over medium heat (160°C/320°F).
- 2** Add the chopped tail fat to the pot and cook for 8-10 minutes, stirring occasionally, until the pieces are golden brown and have rendered their fat. Remove the crispy fat pieces with a slotted spoon and set aside, leaving the rendered fat in the pot.
- 3 Brown the meat**

Cut the 2.2 lb meat into 2-inch chunks if not already done. Increase heat to medium-high and add the meat pieces to the pot with the rendered fat.
- 4** Brown the meat for 8-10 minutes, turning pieces every 2-3 minutes to sear all sides until deep golden brown. The meat should develop a rich crust and any released liquid should evaporate.
- 5 Begin braising**

Reduce heat to low (110°C/225°F) and cover the pot tightly with a lid. Cook for 1 hour, stirring every 15 minutes to prevent sticking.
- 6** Continue cooking covered for another 1-1.5 hours, checking every 30 minutes and adding 2-3 tablespoons hot water if the pot becomes too dry or the meat starts to stick.
- 7 Season and finish**

Add 1 tsp salt, 1 tsp black pepper, and 1 tsp paprika to the pot. Return the reserved crispy fat pieces and stir gently to combine.
- 8** Continue cooking covered for 15-30 minutes more until the meat easily shreds when pressed with a fork and is completely tender. Taste and adjust seasoning before serving hot.

Tips

Cut the meat into uniform pieces to ensure even cooking throughout the braising process.

Don't skip the initial high-heat browning step - this creates essential flavor compounds that enhance the final dish.

Resist the urge to lift the lid frequently during cooking, as this releases steam and extends cooking time.

If the liquid evaporates too quickly during cooking, add small amounts of hot water or broth to prevent burning.

Taste and adjust seasoning only during the final 30 minutes of cooking to prevent over-salting.

Allow the dish to rest for 10 minutes after cooking to let the flavors settle and the meat fibers relax.

For extra richness, reserve some of the rendered tail fat to drizzle over the finished dish just before serving.