

Ç??rtma

Ç??rtma is a traditional Azerbaijani appetizer with eggplant, peppers, and tomatoes. Learn to make this flavorful vegetarian dish in 35 minutes.

15	20	35	4	Easy
HAZIRLIK DK	PI?IRME DK	TOPLAM DK	PORSIYON	ZORLUK

Ç??rtma

Malzemeler

- 4 eggplant
- 4 green pepper
- 4 tomato
- 4 clove garlic
- 1 tsp black pepper
- 1 tsp salt
- 6 cup sunflower oil

Yap?l???

- Prepare the Eggplant**

Peel the 4 eggplants in alternating strips to create a striped pattern. Cut each eggplant lengthwise into 3-4 thick slices, about 1/2 inch thick. Sprinkle 1 tsp salt over all slices and let sit for 15 minutes to draw out bitterness.
- Pat the eggplant slices completely dry with paper towels to remove the moisture and salt.**
- Fry the Vegetables**

Heat 6 cups oil in a large deep pan over medium-high heat until it reaches 350°F (175°C). Fry the eggplant slices in batches until golden brown on both sides, about 3-4 minutes per side. Remove and drain on paper towels.
- Fry the 4 peppers in the same hot oil until skin is slightly charred and flesh is softened, about 2-3 minutes per side. Remove and drain on paper towels with the eggplant.**
- Combine and Simmer**

Pour out most of the oil from the pan, leaving just 2-3 tablespoons. Return the fried eggplant and peppers to the pan, arranging them in a single layer.
- Add the 4 diced tomatoes and 4 cloves minced garlic over the vegetables. Season with 1 tsp salt and drizzle 2 tablespoons of the reserved frying oil on top.**
- Cover the pan and simmer over low heat for 15-20 minutes, stirring very gently once halfway through, until all vegetables are tender and the flavors have melded together.**

?puçlar?

Salt the sliced eggplant and let it sit for 15-20 minutes before cooking to remove bitterness and excess moisture. Pat dry with paper towels before frying.

Use a heavy-bottomed pan or cast iron skillet to ensure even heat distribution and prevent the vegetables from sticking or burning.

Don't overcrowd the pan when frying vegetables. Cook in batches if necessary to maintain the proper oil temperature and achieve good browning.

Choose ripe but firm tomatoes for the best texture. Overripe tomatoes will break down too much and make the dish watery.

Save some of the flavorful oil from frying the vegetables to drizzle over the finished dish for extra richness and authentic taste.

Allow the dish to rest for 5-10 minutes after cooking to let the flavors meld together before serving.

For a smokier flavor, char the peppers directly over a gas flame or under the broiler before adding them to the dish.

Adjust the garlic quantity to your taste preferences - some families prefer a more pronounced garlic flavor in their ç??rtma.