



Kizartma (Fried Vegetables)

INGREDIENTS

- 2 zucchinis
- 1 eggplant - peeled into stripes
- 2 carrots - peeled
- 5 mushrooms (optional)
- 2 banana chillies or half a green capsicum
- 1 red capsicum
- 2 potatoes - peeled
- Oil of your choice for frying
- 1/4 cup of water
- 1 tsp tomato paste
- 1 clove of crushed garlic
- 1 tsp salt or to taste
- Cracked black pepper to taste
- 1/4 tsp sugar (optional)
- 1/4 tsp Turkish chilli flakes (optional)

Red Sauce Topping

- 3 Tbsp of olive oil
- 1 medium onion - diced (optional)
- 5 medium - large soft tomatoes peeled and chopped or grated

Yogurt Garlic Dip

- 1 cup of yogurt
- 1 Tbsp of water
- 1 clove of crushed garlic
- Salt to taste
- Handful of chopped parsley to sprinkle on top

Paddy's

Presented by Ulku Gani
www.paddysmarkets.com.au

SCAN HERE TO FIND OUT
WHEN OUR NEXT COOKING
DEMO IS ON



METHOD

1. To make the yogurt garlic dip, place all the ingredients into a medium bowl and mix through. Cover and place in the fridge to set.
2. Cut all the vegetables into small-medium sizes and set aside.
3. Turn the heat to medium-high heat and place the oil into a large pot, the oil should be approximately 5cm in depth. Once the oil heats up place a batch of the vegetables into the pot.
4. Cook the vegetables until they get a nice golden colour, make sure to turn them over. You can sprinkle some salt over the vegetables as they are cooking.
5. Once they are cooked remove and place onto a plate with a paper towel (to get rid of the excess oil) continue the cooking process with the remaining vegetables.
6. As you're cooking, place the vegetables on the plate with the paper towel into your serving platter and scatter the fried vegetables. Continue until all the vegetables are cooked and placed on the platter.
7. To make the sauce - place the oil into a medium saucepan and add the onions. Cook for 5 minutes on medium-high heat. Add the tomatoes and cook for another 5 minutes (stirring occasionally), now add the rest of the ingredients and stir through. Simmer for 10 - 15 minutes, stirring occasionally, then turn off the heat.
8. To assemble, place the red sauce over the fried vegetables.
9. Top with dollops of the yogurt garlic dip and then sprinkle chopped parsley and serve.
10. This dish is great as a side to BBQ's, and gatherings. Also, a great summer dish, as it can be served at room temperature.



Presented by Ulku Gani
www.paddysmarkets.com.au

SCAN HERE TO FIND OUT
WHEN OUR NEXT COOKING
DEMO IS ON





Patates Salatasi (Potato Salad)

INGREDIENTS

- 1 kg of potatoes
- 1 cup of diced red cabbage
- 1 medium grated carrot
- 1 small diced red onion
- 4 diced spring onions
- 1 cup of chopped parsley
- 1 Tbsp of chopped dill
- 1/4 cup of chopped mint
- 1/2 cup of chopped gherkins or pickles
- 1 tsp of salt or to taste
- 1/4 tsp sumac
- 1/4 tsp Turkish chilli flakes (optional)
- 1/2 tsp dry mint
- 1/2 tsp paprika
- 3 Tbsp of lemon juice
- 3 Tbsp of pomegranate molasses
- 2 Tbsp olive oil

Paddy's

Presented by Ulku Gani
www.paddysmarkets.com.au

SCAN HERE TO FIND OUT
WHEN OUR NEXT COOKING
DEMO IS ON





Patates Salatasi (Potato Salad)

METHOD

1. Place the potatoes into a large pot with water and bring to a boil on high heat.
2. Once the potatoes have cooked through, drain the water and leave the potatoes to cool.
3. Once the potatoes have cooled, peel and dice the potatoes and place into a large bowl.
4. Add the rest of the ingredients, including the spices and give everything a good mix and serve.

Paddy's

Presented by Ulku Gani
www.paddysmarkets.com.au

SCAN HERE TO FIND OUT
WHEN OUR NEXT COOKING
DEMO IS ON

