

Eggplant Stew

Ingredients

Eggplant Stew :

Lamb meat
Eggplant (stemmed and peeled)
Tomato (sliced)
Onion (trimmed, peeled, and finely sliced)
Salt
Black pepper
Lemon powder
Turmeric
Kermanshahi oil

Stuck-pot rise :

Egg
yogurt
Saffron



Put the sliced onions and meat in the pot and start to saute them with turmeric and black pepper in 10 minutes.
Then add tomatoes and continue sauteing.
Add 5-6 cups of water, salt and lemon powder.
Chop the eggplants and fry them as well.
At the end add the eggplants to pot and let them to cook just for 15 minutes.
For Stuck-pot rise mix all the ingredients and fill the bottom of the pot with them and then add the rise and let them to cook.
If all is well, you can serve your dish and enjoy your meal.

