

# Gaziantep Eggplant Kebab

Authentic Gaziantep Eggplant Kebab with tender ground beef and smoky eggplant. Traditional Turkish recipe with step-by-step instructions.

20 min

PREP

50 min

COOK

1h 10min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

## Gaziantep Eggplant Kebab

## Ingredients

- 1.1 lb ground beef
- 2.2 lb eggplant
- 1 tsp salt
- 1 tsp black pepper

## Instructions

- 1 Prepare the eggplant**

Cut 1.1 lb eggplant into 1.5-inch thick rounds. Sprinkle both sides generously with salt and place on a wire rack or paper towels. Let sit for 30 minutes to draw out moisture and bitterness.
- 2 Prepare the meat mixture**

Combine 2.2 lb ground beef with 1 tsp salt and 1 tsp black pepper in a large bowl. Mix thoroughly with your hands for 2-3 minutes until the mixture becomes slightly sticky and well combined.
- 3 Divide the seasoned meat into 16-20 equal portions. Roll each portion into an oval shape about 2 inches long and 1 inch wide, pressing firmly to ensure they hold together.**
- 4 Pat the salted eggplant rounds completely dry with paper towels, removing all surface moisture and excess salt.**
- 5 Assemble the kebabs**

Thread the meat portions and eggplant rounds alternately onto metal skewers, starting and ending with meat. Press gently to secure but avoid compressing the ingredients.
- 6 Grill the kebabs**

Preheat grill or grill pan to medium-high heat (400°F/200°C). Grill the skewers for 3-4 minutes per side, turning once, until the meat is browned and the eggplant shows distinct char marks.
- 7 Steam to finish cooking**

Transfer the partially cooked skewers to a large heavy-bottomed pan or Dutch oven. Add 1/4 cup water to the bottom of the pan, being careful not to pour directly over the kebabs.
- 8 Cover the pan tightly with a lid and cook over low heat for 15-20 minutes until the eggplant is completely tender when pierced with a fork and the meat reaches an internal temperature of 160°F (71°C).**
- 9 Remove from heat and let rest covered for 5 minutes. Carefully remove the skewers and arrange the kebabs on a serving platter.**

## Tips

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Salt the eggplant slices and let them sit for 30 minutes before skewering to remove excess moisture and prevent bitterness. Pat dry thoroughly before using.

Keep your meat mixture cold while forming portions – this prevents the fat from melting and helps maintain the kebab's shape during cooking.

Don't overcrowd the grill when cooking the skewers. Leave space between each one to ensure even heat distribution and proper charring.

Use flat metal skewers instead of round ones to prevent the meat and eggplant from spinning when you turn them on the grill.

Test doneness by pressing the eggplant gently – it should yield easily to pressure and feel creamy inside when fully cooked.

Let the finished kebabs rest for 5 minutes before serving to allow the juices to redistribute throughout the meat.

If your eggplant pieces are browning too quickly on the grill, move them to a cooler section and cover with foil to finish cooking gently.

Save any accumulated juices from the steaming pan to drizzle over the finished dish for extra flavor and moisture.