

# Hünkâr Beğendi

Traditional Ottoman Hünkâr Beğendi recipe with roasted eggplant puree, lamb meat, and bechamel sauce. A royal Turkish dish perfect for special occasions.

20 min

HAZIRLIK

35 min

PIRME

55 min

TOPLAM

4

PORSIYON

Medium

ZORLUK

## Hünkâr Beğendi

## Malzemeler

- 1 lb stew meat
- 1 onion
- 4 clove garlic
- 1 tomato
- 2 tbsp tomato paste
- 4 eggplant
- 3 tbsp olive oil
- 1 tbsp butter
- 2 tbsp flour
- 1 cup milk
- 2 cup water
- 100 g kashari cheese
- 2 tsp salt
- 1 tsp black pepper

## Yapılışı

- Prepare the eggplants**

Preheat oven to 200°C (400°F). Pierce the 4 eggplants all over with a knife, making deep holes every 2 inches to prevent bursting.
- Place eggplants on a baking sheet and roast for 40-45 minutes, turning once halfway through, until skins are completely charred and flesh feels very soft when pressed.
- Remove eggplants from oven and immediately wrap each in plastic wrap. Let cool for 15 minutes until cool enough to handle.
- Peel away all charred skin and scoop flesh into a bowl, discarding any large seed pockets. Mash flesh with a fork until mostly smooth but still slightly chunky.
- Cook the lamb**

Heat 2 tablespoons olive oil in a large heavy-bottomed pan over medium-high heat. Add 1 diced onion and cook for 3-4 minutes until soft and translucent.

- 6 Add 4 minced garlic cloves and cook for 30 seconds until fragrant. Add 1 pound cubed lamb and cook for 8-10 minutes, stirring frequently, until browned on all sides.
- 7 Add 4 diced tomatoes, 2 teaspoons salt, and 1 teaspoon black pepper. Reduce heat to medium-low and simmer for 15-20 minutes until lamb is tender and liquid has mostly evaporated.
- 8 **Make the eggplant puree**  
In a large saucepan, melt 3 tablespoons butter over medium heat. Add 1 tablespoon flour and whisk constantly for 2 minutes to create a light golden roux.
- 9 Gradually whisk in 1 cup warm milk, adding it slowly to prevent lumps. Continue whisking and cook for 3-4 minutes until mixture thickens enough to coat the back of a spoon.
- 10 Add mashed eggplant flesh and 100g grated cheese to the milk mixture. Stir constantly over medium heat for 5-7 minutes until cheese melts and mixture becomes smooth and creamy.
- 11 Season eggplant puree with salt and pepper to taste. Keep warm over low heat, stirring occasionally.
- 12 **Serve**  
Spread warm eggplant puree evenly across 4 serving plates. Top each portion with the lamb mixture and serve immediately while hot.

## ?puçlar?

Choose large, glossy bostan eggplants for the best flavor and texture. If unavailable, any large globe eggplant will work well.

Always check for and remove any large seeds from the eggplant flesh, as they can make the puree bitter and gritty.

For the most authentic smoky flavor, char the eggplants directly over a gas flame or on a grill until the skin is completely blackened and blistered.

If using an oven, roast at 200°C (400°F) for 40-45 minutes, turning once halfway through cooking for even charring.

Cook the meat until all liquid evaporates and the pieces are well-browned to develop deep, rich flavors that complement the creamy eggplant.

Use aged cheese like ka?ar or tulum for authentic flavor, but aged cheddar or gruyere make excellent substitutes if Turkish cheeses aren't available.

Make the bechamel sauce slowly over low heat, whisking constantly to prevent lumps from forming in the eggplant puree.

Let the cooked eggplant rest wrapped in plastic film for 15 minutes after roasting - this makes the skin much easier to peel away cleanly.