

Peynirli F?st?kl? Sarma

Traditional Turkish stuffed meat rolls with cheese and pistachios. Learn to make Peynirli F?st?kl? Sarma with step-by-step instructions and tips.

10 min

HAZIRLIK

15 min

PI?IRME

25 min

TOPLAM

2

PORSIYON

Expert

ZORLUK

Peynirli F?st?kl? Sarma

Malzemeler

- 300 g beef
- 1 capia pepper
- 100 g mushroom
- 2 clove garlic
- 1 cup bone broth
- 1 tbsp butter
- 1 tbsp flour
- 2 tbsp heavy cream
- 3 sprig fresh oregano
- 50 g kashari cheese
- 1 tbsp pistachio
- 0 salt
- 0 black pepper

Yap?l???

- Prepare the meat**

Cut the 300g beef tenderloin into 2 equal portions. Pound each piece to an even 1/4-inch (6mm) thickness using a meat mallet or rolling pin between plastic wrap.
- Season both sides of the flattened meat generously with salt and black pepper. Set aside.
- Make the filling**

Heat 1 tablespoon olive oil in a large pan over medium-high heat. Add the 100g mushrooms and 2 minced garlic cloves.
- Saut? the mushrooms and garlic for 5-6 minutes until the mushrooms are golden and any liquid has evaporated. Season with salt and pepper.
- Remove the mushroom mixture from heat and let cool completely, about 10 minutes.
- Assemble the rolls**

Spread half of the cooled mushroom mixture over each piece of meat, leaving a 1-inch border around the edges.
- Sprinkle 25g chopped pistachios over each portion, then place cheese slices on top of the pistachios.

- 8 Roll each piece of meat tightly from one short end to the other, tucking in the sides as you roll. Secure each roll with kitchen twine at 2-inch intervals.
- 9 **Sear the rolls**
Heat 1 tablespoon olive oil in a heavy-bottomed pan over medium-high heat. Sear the rolls on all sides until golden brown, about 6-8 minutes total.
- 10 **Make the sauce**
In the same pan, melt 1 tablespoon butter over medium heat. Whisk in 2 tablespoons flour and cook for 1-2 minutes until lightly golden.
- 11 Gradually whisk in 1 cup beef broth, scraping up any browned bits from the bottom of the pan. Cook for 2-3 minutes until thickened.
- 12 Remove the twine from the rolls and slice each roll into 1-inch thick rounds. Serve immediately with the warm sauce and garnish with fresh thyme sprigs.

?puçlar?

Pound the meat evenly to ensure uniform cooking and easier rolling - aim for about 1/4 inch thickness throughout.

Let the sautéed vegetables cool completely before adding to the meat to prevent the cheese from melting prematurely.

Use kitchen twine to secure the rolls tightly, which prevents them from unraveling during cooking.

Sear the rolls seam-side down first to help seal them before turning to other sides.

Don't overcrowd the pan when searing - cook in batches if necessary for proper browning.

Allow the meat to rest at room temperature for 10 minutes before slicing to maintain juices.

Toast the pistachios lightly before chopping for enhanced flavor and crunch.

Make extra cream sauce as it pairs wonderfully with the finished dish and any side accompaniments.