Stuffed artichoke bottoms (enginar oturtma)

Serves 4

Ingredients

1.02 kg	Artichoke 8 pc
43.2 g	Butter 3 tbsp
609 g	Beef bone stock 3 glass
168 g	Lemon 2 pc
250 g	Ground lamb
369 g	Tomato 3 pc
330 g	Onion 3 pc
6.1 g	Salt 1 tsp
2.3 g	Paprika 1 tsp
2.3 g	Ground black pepper 1 tsp

Allergens

Allergen information is not complete yet. Worked out from the ingredients. It does not cover contact in your kitchen.

Method

1. Strip the outer leaves of the artichokes until two layers remain and clean out the fuzzy centers.
2. Leave the artichokes in salted water with lemon squeezed into it.
3. Sauté the onions and minced meat in the butter, then add the tomatoes.
4. Add the salt, red pepper and black pepper, then take it off the heat.
5. Lift the artichokes out of the water and rub them with lemon.
6. Arrange them in a tray and fill them with the mixture.
7. Add one cup of stock and cook over low heat.
8. Keep adding stock as the liquid reduces and cook until the artichokes are soft.

Last changed: November 1, 2026
T.C. Millî Eğitim Bakanlığı, Türk Mutfağına Özgü Sebze Yemekleri (2019)
tatname.com/en/tarif/enginar-oturtma-megep-sebze