Menemen / Turkish Scrambled Eggs



We all know that people eat well in Turkey, there is plenty of food in the house full of family members and friends.

Breakfast and tea are never skipped, their breakfast is very rich, they start the day with various dishes. The table is full of different, cooked food like this Menemen for example, which is often found on their breakfast table.

INGREDIENTS :

10 eggs

5 tomatoes

3 bell peppers or 5 green peppers (mild)

1 onion (large)

200 g sujuk

30 ml of oil

1 teaspoon of mint (spice)

½ teaspoon of time (spice)

1 or ½ chilli pepper (depending on how hot you like)

Salt (to your taste)

Pepper

PROCEDURE :

1 . wash and clean the bell peppers and tomato and cut them all on tiny cubes 1x1cm…

2 . peel the onion and cut it on tiny cubes…

3 . wash the chilli peppers, deseed them and cut them as tiny as possible …

4 . peel the sujuk , halve it and cut it as wished …

5 . whisker the eggs …

6 . put the onion on the hot oil and fry it for ca. 4 minutes…

7 . then add the sujuk and continue frying till the onion gets golden …

8 . add the bell peppers and continue stewing for 4 – 5 minutes …

9 . then add the tomatoes and all the spices and continue frying for ca. 7 – 8 minutes …

10 . add the eggs and fry them with constant stirring till they are done …

NOTES AND ADVICE :

1 . You can serve Menemen with some bread, sour cream, olives, feta cheese, etc.…







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