TURKISH · DINNER

Testi Kebabı (Cappadocian Clay-Pot Beef and Peppers)

Testi Kebabı

170 min · Serves 6 · 451 kcal a serve · Video 11:22 in Turkish · Harun Aksu

Gluten-free ingredients · No nuts listed

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46 g protein and 11 g net carbs a serve from lean beef slow-cooked with tomatoes, peppers and small onions, with no rice or bread in the pot, plus more than a day's vitamin C from the peppers.

Diet notes: Paleo with a swap: ghee instead of the butter.

Ingredients 15 · SERVES 6

- [ ] 1.2 kg **lean beef** (topside or round, 'dana but'), cut into small cubes
- [ ] 250 g **arpacık soğan** (small pickling onions), peeled
- [ ] 1 head **garlic**, cloves peeled
- [ ] 1½ **kapya biber** (long red peppers), seeded and chopped
- [ ] 5 **hot green peppers**, seeded and chopped
- [ ] 4 **çarliston biber** (mild pale-green peppers), seeded and chopped
- [ ] 6 **tomatoes**, peeled and cubed
- [ ] 3 tsp (1½ tatlı kaşığı) **salt**
- [ ] 2 tsp (1 tatlı kaşığı) **black pepper**
- [ ] 4 tsp (2 tatlı kaşığı) **pul biber** (Turkish chilli flakes)
- [ ] 3–5 **bay leaves** (optional)
- [ ] a little **olive oil** (about 1 tbsp), to coat
- [ ] 200 ml (1 su bardağı) **water**
- [ ] 2 tsp (1 tatlı kaşığı) **salça** (tomato paste)
- [ ] 3 tbsp **butter** (1 tbsp per pot)

Allergens found in the listed ingredients: Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Trim the beef and cut it into small cubes (kuşbaşı). The cook uses lean beef from the leg and adds butter later. 1:38
2. Seed the kapya, hot green and çarliston peppers and chop them; peel the tomatoes and cut them into cubes the same size as the meat. 2:13
3. Put the beef, peppers, tomatoes, peeled garlic cloves and small onions in a large bowl. Add the salt (3 tsp), black pepper (2 tsp), pul biber (4 tsp), the bay leaves and a little olive oil, and mix well. 3:12
4. Pack the mixture evenly into three clay jugs (testi), leaving a little space at the top; the cook says three jugs make about six portions. 4:30
5. Stir 2 tsp tomato paste into 200 ml (1 glass) water and share it between the jugs. Add a bay leaf and 1 tbsp butter to each. 5:16
6. Mix 1 glass (about 200 ml) plain flour with a little water into a stiff dough, divide it in three and press it over the mouth of each jug to seal it (the dough is not eaten). 6:27
7. Cook over low coals with the heat around the sides (or in a low oven) for 2–2½ hours. After 20 minutes pierce each seal with a toothpick to let steam escape. 7:02
8. Lift out the jugs, crack them open (or pour the stew out of the neck) and serve the meat and vegetables with their juices. 8:23

> **Tip** No clay jugs? Use a lidded cast-iron pot sealed with foil in a 160°C oven. On camera the cook says 250 g onions and 2 tsp paste (his list: 350 g, 1 tbsp). The salt is generous (1.3 g sodium a serve). Usually served with bulgur pilaf.

The method is a summary in our words, in English — the video (in Turkish) shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
451 kcal	**46** g	**16** g	**4.5** g	**23** g	**1,270** mg
1,890 kJ	93% of a day	11 g net · 7.8 g sugars 6% of a day	16% of a day	9.5 g saturated 29% of a day	55% of a day

Energy from net carbs 10% · protein 42% · fat 48% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin C 108% · Selenium 90% · Vitamin B12 88% · Vitamin B6 79% · Zinc 74% · Iron 25% · Potassium 23% · Vitamin A 22% · Vitamin E 22%

Source of (10–19%) Vitamin K 19% · Magnesium 17% · Folate 15%

⚠ One serve has about 55% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Harun Aksu (@Harunaksu) on YouTube — youtube.com/watch?v=1vlqJZPZHiU, published 30 November 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/testi-kebabi-clay-pot-beef