

IMAM bayildi

Step By Step

*Therapeutic advice
for workaholics*

*From the Philippines.
Eggplant recipe called
Talong Na Torta.*

Peter Spyros Goudas, Niki, Analyn, Jannet, Sarah

Imam bayildi

*Oh what a name for a dish! Bayildi
in another words Imam*

Who developed that name?

*Who was this guy? Maybe, who
was this woman?*

*I wanted to write a recipe for
Imam Bayildi, and obviously, in our
technologically advanced age, this
21st century, I went to Google! What
would we do without Google?*

*Google lead me to a Wikipedia, the
dictionary of dictionaries where
I read a little bit about the history
of this dish.*

*Apparently, there are many
variations on this theme.*

*Everyone has an opinion; one side
tells you that he was born in part
of this Turkey, others say that it is a
woman's name in 1600.*

*After reading different stories, the
wikepedia lead me to You Tube!!!!*

...

*You Tube has hundreds of sites with
images and the directions of how to
do it.*

*However, regardless of the method
of preparation, the final outcome is
the wonderful taste of a vegetable
called eggplant, in any form or
variety, sauteed onions accompanied
with several spices.*

Like anything in this world, one

*food item is usually complemented
with another.*

*For example: You can go to a store
buy an eggplant. You may boil it, fry
it, steam it, or you can eat it as it is.
No matter what cooking format, the
outcome would still be good.*

*But if you want to marry an eggplant
with an onion then the recipe which
I am going to reveal to you its not
copy cut and paste but its an original
recipe.*

*It has been around in my lifetime,
around in my mother's life, because
she took the recipe and perfected
it herself from her mother, who
as you probably read in my biography
that she was born in Smyrna,
Asia Minor (on the west side
of Turkey) from Greek parents.*

*Although she was born in Turkey,
I always thought, ever since I was
a kid, that my mother was born, to
teach people, how to cook Turkish
food in all it glory.*

*I never knew the Greek food until I
grew a little bit older and was taken
to other houses where they used to
cook Greek foods.*

*My mother at home apparently, she
cook all Turkish foods such as Kefteles,
moussaka, baked onions, sujuki, red
lentil soup, cream caramele, baba
hadus, tahina, Halva, Dolma and
many others.*

Should I want to list all the different

recipes, I would probably need ten additional pages at the back of this booklet.

As I was watching some of the ladies on the YouTube I realized that each one has her own method of preparing Imam Bayildi.

Some use lemon juice, some use red onions and other variations.

While viewing these spots, it appeared to me that each lady had a passion for cooking, and no matter how they did it I think they turned out to be alright.

Therefore, you may take my recipe make some modifications and the dish, will still be okay. For instance, you can fry the onions as I point out to you in the picture or you just boiled the onion and continue with the recipe.

Since I have tried several variations over the years, I finally come into the conclusion that my mother's recipe, it was and still is one of the best!

Of course, as a kid it never occurred to me to write anything down in paper, but I recall watching her passion for every detail in her all preparations.

For example, even when frying onions, she prepared the frying pan, heated oil, she then placed all the onions in and then she waited for all the water from the onions to evaporate so they can start being fried.

She then turned them up side down to be cook on the other side and kept

stirring constantly until the right moment when the onions started to become a golden color and without the thinner edges being burnt and brown in color.

Of course, who cares about these small details?

Who cares if it is a little bit burnt?

Who cares if it was not cooked enough? And, who cares that instead of having a beautiful golden color that it has turned into a dark brown color?

Well, you may probably figure it out all by yourself that only a person who is passionate about whatever he/she creates will be concerned about all these small (minor) details.

So now I leave you to the story of how to create Imam Bayildi.

Should you have been following my writings, you will notice that I have begun incorporating pictures in such a format that you view (read) them in the manner in which you read a book.

The pictures are taken in high resolution. I had to do such a way that for every picture that you see I had 20 extras which I finally disqualified so I can select the best one for your viewing.

Now, you can imagine the lady holding the different foods for the various pictures. Many shots were taken to achieve the perfect one.

At times, it was tiring because I took pictures during the whole procedure, from gathering the ingredients, preparing them and finally the cooking process and because of the nature of the dish it took some time to complete.

However, it seemed to take forever to be able to capture the recipe in a step-by-step picture format.

You can create this dish with different types of eggplants. The most perfect one is the eggplant approximately 6 inch long and 2 inch in diameter. Please note that the very large eggplant it not recommended.

The variety portrayed in the picture has a soft skin because as you can see in the pictures, we do not take skin off. Therefore, young eggplants are best to facilitate eating. The skin is very much a part of this vegetable.

You need the following ingredients: 12 eggplants, parsley, dill, lots and lots of onions, salt, pepper, lemon, and of course extra virgin olive oil

Be careful with your olive oil, every bottle you see out there claims that it's Extra Virgin Olive Oil.

I suggest you read my booklet titled "Olive Tree", in which I explain the reason why you should examine the label for the acidity content which should be within the range of 0.1% to 0.8% to be categorized as Extra Virgin Olive Oil.

Should the bottle not state the acidity level, the country where the olives are

grown, processed, and packaged, then that oil is suspicious.

Use at your own risk! To educate yourself a bit more about Extra Virgin Olive Oil, I suggest you read the book.

It has been written in a comedy format, very informative and guides you to making and informed and correct choice

wherever you buy olive oil.

Let the cooking begin.

Workaholics pay attention here! Forget about the stock market.

Go to the market purchase the ingredients. Take them home and wash thoroughly.

Place the eggplants length-wise in to you baking tray to determine how may you are going to use and the proper positioning. Refrigerate the others for use another time.

Should you decide to fry them, use medium temperature oil because they turn dark and dry quickly.

Of course, they will absorb little extra of the Extra Virgin Olive Oil which in the end of the day is good for you, provided that you are not in



a strict diet by Doctors order etc.

Now that we have enough for the tray, they have to be cut properly.

There are two ways to cut the eggplant, one of them is to slice them in the center take the inside portion out. However, this method will cause you to have twice as many eggplants and you will then need another tray.

Or, you slice them up as per picture by removing a small portion of the skin, and with a spoon remove a portion of the pulp.

Next, prepare the mixture.

In a fry pan, put one cup of oil. You can use any variety of your choice can be soya, sunflower, corn, etc.

This particular dish needs extra Oil, because presented on a plate, people usually consume that extra oil by dipping their bread in the oily juice.

(There are a variety of oils under my label: corn, sunflower, canola, to mention a few.

However, none of them possess the positive credits like the Extra Virgin Olive Oil which has been recommended for hundreds of years as a part of life that is good for you.

Put 6 large onion slice in a fry pan and with a careful preparation like my mother used to do to achieve the color. Add 14 oz crush tomatoes, 1 garlic, parsley, salt, pepper sauce

etc., etc.

Do some experimenting until you perfected the stuffing. Please do not put too much salt, start with initial small amount stir them up couple times and fry, if it needs a little bit more then you do add so.

After the whole thing is been blended properly, then its time to stuff it.

The following step it to add little bit of oil over your creation.

Cover with the foil and then put them in the oven at 420 degrees for approximately half an hour.

Test with a fork. Should the fork penetrate the skin easily it is ready. Maybe get a small piece out and try. Once ready remove from the oven and let them sit until time to serve.

Some people prefer this particular dish to be eaten cold.

Accompanied with a little bit of feta cheese, some calamata olives, and bread.

Tortillas or pita are not suggested, you need a bread that absorb the oil.

Greek, Italian, Maltese or Portuguese bread are ideal for this recipe.

Now of course you ask me, what drink should we have with it, papaya, mango, pineapple juice or what?

But without to lead you into the alcoholic is advisable a little portion of Ouzo, Raki or Chipuro.









Of course it takes a little time to prepare but is definitely healthier than eating junk food.

I'm not in a business to sell eggplant or onions. But I'm hoping that maybe you can use my olive oil, black pepper, salt, or any other product under my label.

I believe that I deserve that much, don't you think so?

After all, I made all my products with a lot of passion, the same passion I am using to create this book.

I hope you do enjoy creating and consuming Imam Bayildi as much as I have enjoyed revealing it to you.

Dear Friends: The above sentence was the closing line for the Imam Bayildi book which was published in 2009. A couple years have passed since this book was published.

Within this period, I received positive comments from people who have tried and loved this dish.

On the other hand, others have mentioned that I should include additional Eggplant recipes.

The idea was kept on the back burner while I tended to pressing business matters.

Since the first publication of Imam Bayildi, I have a new caregiver who is also from the Philippines.

During conversation, she mentioned a new Eggplant recipe called :

Talong Na Torta.

The light bulb flashed in my head.

I love Eggplants in any form; it is part of my heritage. Therefore, after she described the procedure to me,

I thought it would be a good idea that before reprinting I would incorporate her recipe.

It is 4:30 p.m., November 5, 2011 and just about time for my regular secretary to finish work although it is Saturday.

We dropped everything and we went over to Highland Farms, a well know grocery store in Toronto, hoping to arrive there before closing.

My caregiver's mission was to purchase Eggplants of her choice, which you will see in the recipe that follows.

As we were waiting in the car in the driveway of the parking lot of the Grocery Store.

My regular secretary who assists me in transcribing these books, mentioned to me that she recalls that somewhere in my biography and other articles that I had mentioned that I started smoking on the 11/11/55 when I was 13 years old.

Since then, the Tobacco companies have portrayed my lungs and/or my teeth to demonstrate how bad cigarette are .

She recommended that in a few days from now, it would be 11/11/11, which sounds like a memorable day for me to quit.

I thought that this would be a brilliant idea. So I said, to her, you are right.

Let us make this as an event.

So now, here I am looking in anticipation for my eggplants, and because my caregiver was delayed for what seemed like half an hour, my secretary said maybe they are growing the Eggplants.

Meanwhile, I am thinking deeply of how to quit smoking within the next few days to meet the target date .

All the quit smoking gimmicks flashed through my mind: e.g. patches, gums, needles, smokeless cigarettes, etc., etc. etc.

While in deep thought, I was interrupted by her saying, "I revise my statement about you quitting smoking, Sir".

I asked her why, and she said, "If you quit and you have no more cigarettes, whose cigarettes am I going to smoke"

Did I make you laugh?

I certainly did at the time.

Now, back to serious matters. We have the eggplants and I will display the recipe to you in a step-by-step picture format.

A few things you need to know. You need a stove with a burner to

grill the Eggplants. The stem of the Eggplant has remain in tack.

The Eggplants have be left on the burner until partially cooked so the skin will be easily removed. Approximately 15 to 20 minutes on medium heat.

When the Eggplants look like the photos, remove from heat.

Now, it is time to remove the skin. You will need a cup of cold water to dip your fingers as you try to remove the heated skin.

Once the skin is completely removed, set the Eggplants aside.

Break two eggs into a bowl or plate large enough to dunk the Eggplants.

Add salt, and black pepper to taste, one tablespoon of lemon juice and one tablespoon of Mr. Goudas Trinidad Style Hot Sauce. Trinidad Style Hot Sauce contain Papaya, therefore, in addition to the heat, it possesses a wonderful a rich flavour.

Wisk the eggs until fluffy.

Place some Extra Virgin Olive Oil, Mr. Goudas brand of course in a large frying pan on low/medium heat.

(By now, you should have read my book, The Olive Tree, which clearly describes the differences in Olives and Olive Oil.)

Holding the peeled Eggplant by the stem, dip each into the egg mixture.

Flatten with a fork, then transfer to the frying pan.

Allow to fry until golden in colour and tender to your satisfaction.

The amount of time in cooking is strictly to your preference.

Some people may like them light in colour, halfway cooked, or darker, well done



Garnish with lemon slices and dill.

The juice of the lemon gives and extraordinary taste to the eggplant.

By the way, now that I remember, the other name for the Eggplant, in the Caribbean is Melongene or Garden Egg.



*As you may see, it is not difficult and the outcome is awesome!
Simply delicious!*

I thought I knew everything about Eggplants! How wrong I was.

My thanks to the people of the Philippines for this wonderful recipe.



It is such a great thrill to learn new things at this stage of my life,

I look forward to new experiences!

Read my books on the www.mrgoudasbooks.com website.

You will discover some new and exciting recipes

Hey. Was this not fun? We went to the store, we picked up the right







eggplants, eggs, dill and lemon.

Then started to work on the creating the recipe for Talong Na Torta from scratch.

Every step along the way, I had to take at least 20 photos for each motion. Sometimes it could be very tiring, both for me as the photographer and the individuals doing the work.

The next step was to select the best images to upload, enhance for better viewing.

Maybe you will find some time to create this wonderful new dish and

enjoy it as much as I did.

As for me, I will continue along in my efforts to bring the best the world has to offer at your favourite grocery store. Should you not see my products on the shelf, ask the store manager, to accommodate your request.

I have been in the ethnic food business for over 40 years and indirectly travelled to every corner of the world through my endeavours.

I have written many recipes and books, including, my biography, The Immigrant. You may locate them for your reading and cooking pleasures on the www.mrgoudasfoods.com website.

I am now 69 years old (young) and still loving every day of life.

I thank the Lord who has kept me healthy at this stage of my life!



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