



Eat and drink, but waste not by excess (Al-A'raf 31)
Banu Atabay's Mtevez Lezzetler® Turkish cooking recipes

Meatballs with Carrot

Havulu Kfte



1.10 pounds ground meat
1 medium carrot
1 cup grated kasar cheese
1 medium onion
1/2 bunch of parsley
Crumbs, as much as the mixture gets in
1 tablespoonful yogurt
1 tsp black pepper
1 + 1/2 tsp salt

- # Put finely grated carrot, yogurt, grated onion and ground meat into a mixing bowl.
- # Knead the mixture, until it smoothens. Then add grated kasar cheese in it and add crumbs in it during the kneading. But, the mixture must not stick to your hands.
- # Finally, add finely sliced parsley, salt and black pepper in it. Knead the mixture for about 3-4 minutes.
- # Refrigerate it on the lowest layer of the fridge for 20 minutes. Then make meatballs bigger than normal.
- # Put some vegetable oil into a skillet and make it hot. Then, add the meatballs and fry both sides of the meatballs in golden color.
- # Place the fried meatballs onto paper towel to remove their extra oil.
- # Garnish them and serve hot.

Note: Using teflon covered skillet is advised, because the cheese in the meatballs may melt during the frying and stick to the skillet.