



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

Meatballs with Leek

Lahanalı Köfte



5 medium cabbage leaves
3 long green peppers
2 garlic cloves
1 tomato
1 tbsp tomato paste
1 tsp oregano
1 tsp salt
1 + 1/2 cups water or broth
1/2 cup vegetable oil
1 cu grated kasar cheese

For the Meatballs:

1.10 pounds ground calf meat, fatless
1 small onion
8 garlic cloves
3 slices of stale bread
1 tsp salt
1 tsp black pepper
1 tsp cumin

- # Prepare the meatballs at first: crush the garlic cloves with salt, add grated onion and crumbs on it. Knead the mixture, until the crumbs soften.
- # Add ground meat, cumin and black pepper on it, knead this mixture for 5 minutes at least. Pick walnut sized pieces from the meatballs' mixture, roll them at first, then shape them as patties.
- # Put 1/2 cup of vegetable oil into a large pot and make it hot over medium heat. Then fry the both sides of the meatballs with this oil, until the color of the sides changes a little.
- # After removing the meatballs from the oil, add finely sliced long peppers and garlic into the same oil. Sauté it until the color of the pepper pieces changes.
- # Add finely sliced non-cooked cabbage, garlic and tomato paste in it. Sauté the mixture until the cabbage pieces become smaller. Add peeled and finely chopped tomato in it and sauté it for a while. Add 1 + 1/2 cups water or broth in it, cover the lid of the pot and cook the meal for half an hour.
- # Put the cooked mixture of cabbage into a separate bowl. Place the meatballs into the same pot, by getting them stay particularly over and over.
- # Lay the mixture of cabbage over the meatballs and sprinkle kasar cheese all over. Cover the lid of the pot and cook it for 20 minutes.
- # Serve it hot.

Note: Instead of kasar cheese, any of the fatty cheeses may be used also to prepare the "Meatballs with Cabbage".