



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

Meatballs with Spinach

Ispanaklı Kfte



1.10 pounds ground calf meat, fatless
1 cup crumbs
1 tbsp coconut
1 medium onion
2 garlic cloves
1 egg white
1 tsp sweet red pepper
1 tsp black pepper
1 + 1/2 tsp salt

For Filling:
1/2 bunch spinach
1 yolk
1 tbsp grated kasar cheese
1/2 tsp black pepper
1/2 tsp salt

For Frying:
1 cup vegetable oil

Wash the spinach, slice the leaves with their stems finely. Put these pieces into a small pot. Cover the lid of the pot and cook it over very low heat for half hour without oil addition.

Meanwhile, put ground meat, grated onion, crushed garlic, egg white, crumbs, coconut, red pepper powder, black pepper and salt into a mixing bowl and knead this mixture for 10 minutes. Then, refrigerate it on the lowest layer of the fridge for half an hour.

Squeeze the cooked spinach pieces. Add grated kasar cheese, yolk, salt and black pepper on it and mix. Divide this mixture into 8 equal pieces. Roll each of the pieces between your palms into balls.

Remove the refrigerated meatballs' mixture from the fridge and divide it into 8 equal pieces. Wet your hands and roll each of the pieces into saucer size by your fingertips.

Put ball shaped spinach mixture onto the middle of the rolled out meatball pieces. Cover the meatball over the spinach mixture, close it and force on it a little to shape as patty.

Put vegetable oil into a skillet and make it hot over medium heat, then fry both sides of the patties. Serve them hot.

Note: For increasing the taste of the meatballs 1 tbsp mustard into the mixture of meatball.