



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

## Bulgur Meatballs with Tomato

Domatesli Bulgur Köftesi



10.5 ounces ground meat, fatless  
1 + 1/2 cups bulgur, thin type  
1 + 1/2 cups warm water  
1 egg  
1 tsp cumin  
1 tsp black pepper  
1 tsp salt  
10 – 15 stems of parsley

For the Sauce:  
6 medium tomatoes  
8 garlic cloves  
5 tbsp vegetable oil  
1 tsp granulated sugar  
1/2 tsp salt

- # Add 1 + 1/2 cups water onto bulgur and rest this mixture for 10 minutes, to make the bulgur grow. Then, add cumin, salt, black pepper and egg onto the mixture and knead it.
- # Finally add ground meat into the mixture and knead it, until the mixture turn into homogenous (5 minutes at least). Pick half walnut sized pieces from the meatballs' mixture, roll them and then shape them as patties.
- # Grill or bake the meatballs without burning them, but make them too dry.
- # Meanwhile prepare the sauce. Grate the tomatoes, slice the garlic cloves finely and put them into a deep pot, add granulated sugar, salt and vegetable oil on it.
- # Place the pot over medium heat and make the mixture reach to boiling mixture. Then turn the heat to low and cook it for 5 more minutes.
- # Add the meatballs into the sauce and cook them together over medium heat for 5 more minutes. Add finely sliced parsley in it just before removing it from the stove and stir it.
- # Serve it hot.

**Note:** The granulated sugar, which is added to tomato sauces, is for removing the sour taste of tomato.