



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

Eggplant Balls

Patlıcan Kftesi



4 medium eggplants
1/2 cup grated kasar cheese
2 tbsp butter
1 cup milk
15 tbsp flour
10 – 12 stems of parsley
1/2 tsp black pepper
1 tsp salt

For Frying:
2 cups vegetable oil

- # Barbecues the eggplants. Then remove the inner side of the eggplants and rest them in the mixture of water and lemon juice.
- # Put butter into a small deep pot and melt it. Then add 2 tbsp flour on it and roast it for about 2-3 minutes. Add 1 cup cold milk on it and cook until the mixture reaches to the consistency of thick milk pudding.
- # Remove the eggplants from the mixture of lemon juice and water, then place them onto a strainer. Then dice them finely and add into the mixture of milk, mix it.
- # Then, add grated kasar cheese, finely sliced parsley, black pepper, salt and 12 tbsp flour in it and knead it.
- # Pick pieces from the prepared mixture and shape them however you want. (You can wet your hands while shaping them.). Then fry them in hot oil.
- # Serve it hot.

Note: Eggplant includes nicotine, so the smokers like the its taste.