



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

Spinach Balls

Ispanak Kftesi



1.1 ounces spinach
2 tbsp butter
2 tablespoonful flour
1 + 1/2 cups milk
1 cup grated kasar cheese
1/2 tsp sodium bicarbonate
1/2 tsp black pepper
1 tsp salt

For Breaded Mixture:

2 eggs
2 cups flour
2 cups crumbs

For Frying:

1 + 1/2 cups vegetable oil

Firstly remove the bad leaves of the spinach. Then wash the spinach and strain it. Then, slice it finely, and place the pieces into a pot. Cover the lid of the pot. Cook it over low heat for half an hour.

At the end of the time, pour the cooked spinach over a colander and strain its extra water.

Put butter and flour into a medium size pot. Roast the flour over medium heat by mixing it constantly by a fork or a beater. When it turns into yellow a little, add cold milk on it. Cook it by stirring constantly, until it reaches a higher consistency.

Then, remove it from the stove. Add salt, black pepper, grated kasar cheese, strained spinach and sodium bicarbonate in it. Mix it well.

Flour the tray with 2 cups of flour. Then, place the mixture of spinach onto the tray in pieces. Rest it for about 10-15 minutes to cool down the mixture of the spinach.

When the mixture hardens, cover those pieces with flour over the tray and remove them from the tray. Dip them into the whisked egg at first, then cover them with crumbs. Fry them in the oil, which is not very hot, with pink color. Then place them onto the paper towel.

Serve them hot.

Note: Juice removed 1 onion maybe added into the mixture of Spinach Balls also.