



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

Soujouk Bulgur Meatballs

Bulgurlu Sucuk Kftesi



1 cup thin type bulgur
Half circle of soujouk
1 medium size onion
1 tbsp tomato paste
1 tbsp butter
Half bunch parsley
1 + 1/2 cup warm water
1 tsp salt

Put bulgur into a bowl and add water on it. Rest it for 10 minutes to make the bulgur soak water and grow.
Add grated soujouk, grated onion, tomato paste, butter and salt on it. # Knead the mixture until it turns into homogenous (10 minutes at least).
Finally add thinly chopped parsley. Knead the mixture for a while more until the mixture becomes homogenous.
Pick walnut sized pieces from the meatball mixture and roll them. Then force on them to shape as patties.
Transfer the prepared patties into a greased baking tray. Place the tray into the oven which is preheated to 390 F. Bake them for about 25-30 minutes.
Serve it warm.

Note: Because of the spices in soujouk, no added more spices into the mixture.