



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

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## Anchovy Patties

Hamsi Köftesi



1.7 lbs anchovies  
1 onion  
2 cloves of garlic  
Half bunch parsley  
1 egg  
1 tbsp corn flour  
1/3 cup bread crumbs  
1 tsp meatball's spice mixture  
1 tsp salt  
To Cover:  
1/2 cup corn flour  
To Fry:  
1 cup vegetable oil

# Cut off the heads and bones of the anchovies. Wash and place them onto a colander to drain the water for about 1 hour.

# Then, get some anchovies together and cut them thinly. (You may blend it also.)

# Transfer it into a mixing bowl. Break the egg on it, add grated onion, mashed garlic, bread crumbs, corn flour, salt and meatball's spice mixture. Knead this mixture for about 5 minutes.

# Add thinly chopped parsley in it and knead the mixture for a while more. Then, cover and refrigerate it for half hour.

# At the end of the refrigerating time, pick apricot sized pieces from the mixture. Shape them as patties.

# Cover the patties with corn flour and fry. Then place onto a paper to remove their extra oil.

# Serve them hot or warm.

**Note:** 1.7 lbs anchovies after removing their heads and bones decrease 1.1 lbs.