



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

Dalyan Meatballs With Puree

Pürelı Dalyan Köfte



For meatballs:
17.6 ounces ground meat
1 egg
1 onion, medium size
3 stale bread slices
4-5 parsley stems
1 boiled egg
2 thin carrots
1 tsp salt
1/2 tsp black pepper

For puree:
3 boiled potatoes
7 tbsp milk
7 tbsp butter

- # Grate the onion, don't drain its juice.
- # Soak the bread slices with the onion and its juice.
- # Add ground meat, salt, black pepper, egg and finely sliced parsleys in it and knead for about 10-15 minutes.
- # Let the meatball stuff stand. In the meantime prepare the puree. So mash the potatoes, add milk slowly and then add butter.
- # Cut a piece from the aluminium foil which has 14-15 inches length. Put the meatball stuff on it and lay.
- # Cover the upper side of the stuff with puree.
- # Put the boiled carrot and the boiled and sliced into 4 pieces egg to the edge of the stuff.
- # Roll the stuff by the help of foil and make a roll.
- # Cover the stuff with foil tightly.
- # Preheat the oven to 347 F. Cook for 40 minutes. Rest it for 30 minutes, this makes easy to slice.
- # Slice it into pieces which have 1 inch thickness.

Note: You can cook this meal with carrot pure instead of potato.