



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

German Beefsteak

Alman Bifteği



1.10 pounds fatless ground calf meat
1 egg white
1 small slice of stale bread
1 + 1/2 tsp salt
1/2 tsp black pepper

For Upper Side:
1 cup rusk flour
1/2 cup flour
1 yolk
1 egg

For Frying:
1 + 1/2 cups vegetable oil

- # Remove the outer side of the bread slices, and put the inner sides into the mixing bowl. Add egg white and salt on it. Mix it by your fingertips, until the mixture turns into dough.
- # Add ground meat and black pepper on it. Knead the mixture about 5 minutes. You will see that the consistency of the mixture turn to normal during the kneading.
- # Cover the mixture with nylon or cling film, then place it onto the lowest layer of the fridge. Refrigerate it for half an hour.
- # At the end of the time, pick pieces from the mixture. Each of the pieces should have 2 walnuts size. Shape them as patties.
- # Firstly, cover the patties with flour, then dip them into the mixture of egg and egg yolk, and finally cover them with rusk flour.
- # Put vegetable oil into the skillet and make it hot over high heat. After placing the patties into skillet, turn the heat to low-medium.
- # After frying both sides of the patties, place them onto the paper towel to remove the extra oil in them.
- # You can serve it some garnitures.

Note: If you use fatty ground meat to prepare the German Beefsteak, the consistency of the patties be more fluidly.