



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

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## TRAY MEATBALLS



2.20 pounds fatless ground calf meat  
1 big onion  
1 egg  
Chips of 1/4 bread  
1 tsp cumin  
1 tsp black pepper  
1 + 1/2 tsp salt

For the Medium Layer:  
10 â 12 slices of fresh kasar cheese

- # Grate the onion onto the chips of bread and break an egg on it. Mix it, until the bread chips soften.
- # Add ground meat, cumin, salt and black pepper on it, knead the mixture for about 7-8 minutes.
- # Grease a medium size square shaped baking tray with vegetable oil. Place half of the prepared mixture into the tray firmly by forcing on it.
- # Place the kasar cheese slices on it. Place the remaining mixture over the kasar slices by your fingertips and dipping your fingertips into oil time to time.
- # Cover the tray with nylon, to cover the mixture also. Refrigerate it for 1 hour, on the lowest layer of the refrigerator.
- # At the end of the time, place the tray into 392 F oven. Bake it, until the surface turns to red.
- # Remove it from the oven and rest for a while. Then slice it however you want. Serve it hot with some garnitures.

**Note:** Baked mixture may become smaller and just stay in the middle of the tray.