



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

Grilled Meatballs

Cızbız Köfte



8.8 ounces ground calf meat
8.8 ounces ground lamb meat
2 slices of stale bread
1 medium onion
1/2 tsp sodium bicarbonate
1 tsp salt
1 tsp black pepper

- # Grate the onion, add slices of stale bread and sodium bicarbonate on it. Mix until the bread slices loses their shape.
- # Add the ground calf meat and ground lamb meat on it, add black pepper and salt also. Knead it for about 10 minutes, until the mixture turns to homogenous.
- # Cover the prepared mixture with nylon and refrigerate it on the lowest layer of the fridge for overnight.
- # The day after, pick walnut sized pieces from the mixture and shape them as patties.
- # Grill the patties or fry with some oil.
- # Serve them with some garniture.

Note: Some of the sources say that, ground turkey meat may be added into the mixture with lamb and calf ground meat.