



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

Shish Meatballs

Şiş Köfte



2.20 pounds ground meat, normal fatty
1/4 stale bread
1 onion
1 stem of parsley
2 garlic cloves
1 tsp black pepper
1 tsp crushed red pepper
1 + 1/2 tsp salt

- # Add grated onion onto the stale bread chips and add salt also. Mix it, until the mixture turns to dough.
- # Add ground meat, crushed garlic, crushed red pepper and black pepper on it. Knead it, until the mixture turns to homogenous. (About 8-10 minutes)
- # Finally, add finely sliced parsley on it. Knead the mixture, until the parsley lay homogenously in the mixture.
- # Cover the meatballs' mixture with cling film, refrigerate it for overnight.
- # The day after, make meatballs which are smaller than normal. Dip the shish into 4-7 meatballs, it depends on the length of the shish, squeeze the meatballs a little to keep them around the shish firmly.
- # Grill or barbecue the shish meatballs.
- # Serve them hot.

Note: Shish Meatballs mixture must be harder than normal meatball mixture.