



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

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## Frier Meatballs

Sahan Köftesi



1.10 pounds ground meat  
1 medium onion  
1 garlic clove  
1 thick slice of stale bread  
8 – 10 stems of parsley  
1 tsp cumin  
1/2 tsp black pepper  
1 tsp salt  
3 tbsp vegetable oil

- # Mix the mixture of stale bread chips, grated onion, crushed garlic and salt well.
- # Add ground meat, black pepper and finely sliced parsley on it, knead the mixture for about 5-6 minutes.
- # Pick walnut sized pieces from the mixture and roll them at first, then force on them to shape as patties.
- # Put vegetable oil into a skillet or a large pot. Place the meatballs onto the layer firmly.
- # Cover the lid of the pot, and place the pot over very low heat. Cook it for about 35- 40 minutes just with its broth.
- # Serve it hot with some garnitures.

**Note:** The color of the Frier Meatballs does not darken, because of steaming.