



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

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.