



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

Meadow Meatballs

Çayır Köftesi



1.10 pounds fatless ground calf meat
1 medium onion
1 medium potato
2 garlic cloves
1 slice stale bread
1 big bunch of parsley
1/4 tsp sodium bicarbonate
1 tsp black pepper
1 + 1/2 tsp salt
1/6 cup vegetable oil

- # Slice the parsley leaves finely. Put half of it aside to use later.
- # Put grated potato, grated onion and crumbs into the mixing bowl. Knead it until the crumbs soften.
- # Add ground meat, crushed garlic, sodium bicarbonate, black pepper and salt on it. Knead the mixture, until it turns into homogenous.
- # Then add half of the finely sliced parsley in it. Knead the mixture for a short time, until the parsley lay into the mixture homogenous.
- # Refrigerate the prepared mixture for half an hour. Then pick pieces, which are smaller than walnut, from the mixture and shape them into balls.
- # Lay the remaining parsley over a tray. Add the prepared meatballs over it. Shake the tray to cover the meatballs with parsley pieces.
- # Put vegetable oil into a big skillet. Adjust the largest heating part of the stove to the lowest level and place the tray over it. Put the prepared meatballs into the hot skillet. Fry them by shaking the skillet.
- # Place the meatballs onto a service plate. Sprinkle sliced parsley all over and serve them hot.

Note: The ingredients with these measurements fill 2 skillets.