



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

Taurus Meatballs

Toros Köftesi



1.10 pounds ground meat
1/2 cup rice
1 big onion
1 tsp tomato paste
1 egg
10 - 12 stems of parsley
1/2 tsp black pepper
1 tsp salt
1 + 1/2 cups water

For Upper Side:
1 cup crumbs

- # Dice the onion finely and put it into a small pot. Add washed rice, one pinch salt and 1 + 1/2 cups water on it.
- # Cook over very low heat until the rice soaks the water totally.
- # Add the cooled mixture of rice and add salt, black pepper, egg and finely sliced parsley onto the ground meat. Knead the mixture for about 3-4 minutes.
- # Pick half lemon sized pieces from the mixture and shape them oval. Then cover them with crumbs.
- # Grease the baking tray with too much oil. Place the meatballs onto the tray. Bake them in the 356 F oven, until their surface turn to red.
- # Serve it hot with some garnitures.

Note: The get the crumbs, rest 2 or 3 pieces of bread to turn them to stale. Then, pound or blend them.