



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

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## Breaded Meatballs

Pane Köfte



1.10 pounds of ground meat, low fatty  
1 small onion  
1 cup grated kasar cheese  
8 – 10 stems of parsley  
1 tsp black pepper  
1 tsp salt

For the Bread Mixture:  
1 cup rusk flour  
2 eggs

For Frying:  
2 cups of vegetable oil

- # Grate the onion, add ground meat, kasar cheese, salt and black pepper on it. Knead it, until the mixture turns to homogenous.
- # Then add finely sliced parsley on it. Knead it to lay the parsley pieces lay into the mixture homogenously.
- # Place the mixture onto the lowest layer of the fridge, and refrigerate it for half an hour.
- # At the end of the time, shape it into meatballs, however you want.
- # Dip the meatballs into the whisked egg at first, then cover them with rusk flour. Fry them in hot oil with golden yellow color.
- # Serve them hot.

**Note:** The meatballs must be fried in very hot oil, because of the kasar cheese in it. Otherwise, the kasar cheese in the meatballs melt and the meatballs do not seem good.