



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

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## Meatballs with Orzo

Şehriyeli Köfte



1.10 pounds ground meat, normal fatty  
1/3 cup orzo  
1 tbsp olive oil  
1/2 cup grated onion  
2/3 cup water  
1 tsp tomato paste  
1 slice of stale bread  
4 medium tomatoes  
1/2 tsp black pepper  
1 tsp salt

- # Boil the orzo at first. Put grated onion into a small pot, add 2/3 cup water, 1 tbsp olive oil and 1/2 tsp salt on it. Add orzo on it also, cook the mixture over low heat, until the mixture soaks the liquid totally, by stirring it time to time.
- # After cooling down the mixture of orzo, put it into a mixing bowl. Add ground meat, tomato paste, stale bread slices, black pepper, 1/2 tsp salt on it. Knead the mixture, until it smoothens totally.
- # Refrigerate the mixture for 2 hours at least. At the end of the refrigerating time, pick 1 and half walnut sized pieces from the mixture. Roll them into balls.
- # Place the prepared meatballs onto the greased baking tray. Put a slice of tomato over each of the meatballs. Place the tray into the oven, which is preheated to 374 F. Bake them, until the tomato pieces turn to red and lose their shape.
- # Serve it hot.

**Note:** The tomato slices over the meatballs, prevents the orzo in the meatballs from drying during the cooking.