



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

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## Chicken Balls

Tavuk Köftesi



1.10 pounds boneless chicken  
1 small onion  
3 garlic cloves  
3 slices of stale bread  
3 tbsp milk  
1 egg  
1 tbsp butter  
8-10 stems of parsley  
1 tsp curry  
1 tsp black pepper  
1 tsp salt

- # Blend the chicken meat to turn it into ground meat.
- # Add the grated onion, crushed garlic cloves, milk, egg and salt onto the stale bread slices. Mix it, until the bread slices lose their original shape.
- # Add ground chicken meat, curry, black pepper and butter onto the mixture. Knead the mixture for about 5 minutes, until make it smooth.
- # Finally, add finely sliced parsley on it. Knead it for a while more, then place the mixture onto the lowest layer of the refrigerator. Refrigerate the mixture for 1 hour.
- # At the end of the refrigerating time, pick pieces from the mixture wet your fingertips and shape them.
- # Place the chicken meatballs onto the greased baking tray, or place them onto the grease-proof paper on the tray, and place the tray which is preheated to 392 F. Bake them, until their surfaces turn to red.
- # Serve them hot with garniture.

**Note:** Cumin may be used also, instead of curry while cooking the chicken meatballs.