



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

Flaked Pastry Meatballs

Milföylü Köfte



1.10 pounds ground calf meat
1 small onion
2 garlic cloves
2 slices of stale bread
1 egg white
8-10 stems of parsley
1/2 tsp sodium bicarbonate
1/2 tsp oregano
1/2 tsp cumin
1 tsp salt

For the Edges:
6 flaked pastries
1 yolk

- # Add the grated onion, crushed garlic cloves and salt onto the stale bread slices. Mix it until the mixture smoothens.
- # Add ground meat, egg white, oregano, cumin, sodium bicarbonate and black pepper on it. Knead the mixture, until it smoothens totally. Finally, add finely sliced parsley in it.
- # Refrigerate the meatballs mixture for 1 hour.
- # Place the flaked pastries, which turn to normal after removing them from the refrigerator onto the bench, by getting one of the pastries' end stands on the other ones beginning. Roll them out by a rolling pin to turn them to normal dough.
- # The dough should have 20x20 inches square shape.
- # Roll the refrigerated mixture as stick in the length of the dough.
- # Put the mixture stick near the dough pieces. Roll the dough around the meatball mixture stick. Do not roll it very hard. Wet the ends of the roll and close them.
- # Cut the prepared roll into the pieces, each has the same thickness with thumb. Spread yolk all over the flaked pastry sides.
- # Get the meatballs side of the roll pieces while placing them onto the greased baking tray.
- # Bake them in the oven, which is preheated to 392 F, until the meatballs turn to red totally.
- # Serve it hot.

Note: Tomato paste sauce may be poured all over the meatballs during the service.