



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 Calf Tongue

Dilli Köfte



1.10 pounds fatless ground calf meat  
3 matchboxes sized calf tongue  
1 big onion  
2 slices of stale bread  
1 egg  
1 + 1/2 tsp salt  
1 + 1/2 tsp black pepper

For Frying:  
1 + 1/2 cups vegetable oil

- # Cut 3 matchboxes sized piece from the back side of the calf tongue, remove the fat in it. Dice the tongue piece.
- # Grate the onion into the mixing bowl, break the egg on it and add the slices of stale bread also. Mix it, until the bread slices soften.
- # Add ground meat, diced tongue, salt and black pepper onto the mixture, knead it for about 8-10 minutes.
- # Refrigerate the meatball mixture on the lowest layer of the fridge for about 1 hour.
- # Then, pick pieces, each has walnut size, from the mixture and shape them as bar in the size of thumb.
- # Fry the meatballs in not too much hot oil, slowly. To remove the extra oil in the meatballs, place them onto the paper towel after frying them.
- # Serve them hot.

Note: This recipe is from Rumelia.