



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

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## Izmir Meatballs

İzmir Köfte



26.50 ounces ground meat  
3 slices of stale bread  
1 big onion  
1 egg  
1/2 bunch of parsley  
1 tsp salt  
1/2 tsp black pepper

For the Sauce:  
4 medium tomatoes  
1/2 tbsp tomato paste  
1/2 cup water  
1/2 tsp salt  
2 tbsp vegetable oil

- # Remove the edges of the stale bread slices, and place them into a large bowl. Grate the onion onto the slices, break the egg also on it, add salt and black pepper.
- # Knead the mixture until it turns to dough.
- # Add ground meat into the mixture and knead it for about 8-10 minutes. Add the finely sliced parsley into the mixture also, and knead the mixture for 1 more minute. Then place the mixture into the fridge and refrigerate it for half an hour at least.
- # Meanwhile, grate the tomatoes, and strain them. Garnish the remaining seeds of the tomatoes.
- # Put the strained tomato juice into a small pot. Add tomato paste, water and vegetable oil on it. Boil it for 10 minutes over medium heat and remove it from the stove.
- # Remove the mixture from the fridge also and pick walnut sized pieces from it. Shape them as thumbs.
- # Place the meatballs over the electric grill and cook them more than normal.(To keep the shape of the meatballs.)
- # Put the cooked meatballs into tomato paste. Place the pot over the heat and make it boil until it reaches to the boiling temperature. After it reaches to the boiling temperature, boil it for about 5-7 minutes.
- # Place them onto the service plates and pour some tomato paste all over.

**Note:** Izmir meatballs are fried in butter originally.