



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

Tekirdag Meatballs

Tekirdağ Köftesi



1.10 pounds ground calf meat, low fat
2 medium onions
2 slices of stale bread
Half bunch parsley
1/2 tsp sodium bicarbonate
1/2 tsp black pepper
1 tsp salt

For Frying:
2 cups vegetable oil

- # Remove the edges of the stale bread slices, and put the inner sides of the slices into a deep bowl.
- # Add grated onion on it. Knead the mixture, until the bread slices loose their shape and turn into dough.
- # Add ground meat, salt, black pepper and sodium bicarbonate on it, knead the mixture for about 4-5 more minutes.
- # Add the finely sliced parley into the mixture finally, and knead the mixture for a while more to make the parsley pieces lay into the mixture smoothly.
- # Cover the prepared mixture with nylon or cling film, and place the mixture onto the lowest layer of the fridge. Refrigerate it for overnight.
- # The day after, fill the mixture into a cone, and force onto the mixture to get meatball pieces. Each off the meatball pieces should have half finger length.
- # Fry the prepared Tekirdag Meatballs in hot oil, then place them onto paper towel to remove its extra oil.
- # Place them onto the service plate then, garnish them with some fried vegetable pieces and onion.

Note: A special pomp, which is originally used for preparing tulumba, is used for shaping the meatballs originally in Tekirdag region.