



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

Nahna Meatballs

Nahna Kftesi



1 medium cabbage
3 medium onions
1/3 cup vegetable oil
1 tbsp tomato paste
1/2 tbsp pepper paste
4 cups water
1 + 1/2 tsp salt

For Meatballs:
8.8 ounces ground meat
1 cup bulgur, for pilaf
1 onion
1 tsp black pepper
1 tsp crushed red pepper
1/2 tsp salt

- # Put the vegetable oil into a pot and place the pot over medium heat. Make the oil hot. Then, add the onion sliced into half circles in it and fry it.
- # When the onion softens, add tomato paste and pepper paste in it. When the smell of the paste goes away, add 4 cups of water in it. When it reaches to the boiling temperature, remove the pot from the stove.
- # Meanwhile pick the cabbage into leaves, and boil the leaves until they soften. Cut the softened leaves into pieces, each has 2x2 inches size.
- # Put the ground meat, bulgur, grated onion, black pepper and salt into a deep bowl. Knead it until the mixture smoothens, you can add some water into the mixture if it is necessary during the kneading.
- # Pick pieces, smaller than walnuts, from the mixture and shape them as cylinders. Wrap the meatballs with boiled cabbage leaves.
- # Put half of the prepared mixture with onion and paste into a separate bowl. Place the Nahna meatballs onto the remaining mixture in the bowl.
- # Add the mixture, which you put into a separate bowl, onto the meatballs. Cover the lid of the pot. Turn the heat to low, when the mixture reaches to the boiling temperature over medium heat, and cook it for 20 more minutes.
- # Rest it for half an hour, after removing it from the stove and serve hot.

Note: "Nahna Meatballs" is a recipe from Malatya city. Originally meat pieces are placed onto the layer of the pot while cooking this recipe.