



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

Kutahya Meatballs

Kütahya Köftesi



1 cup bulgur, thin type
3 tbsp tarhana
5.3 ounces ground meat
1 tsp black pepper
1 tsp salt
2 cups yogurt
3 + 1/2 cups water
1/3 cup vegetable oil
1 tsp dried mint
1 tsp crushed red pepper

- # Put bulgur and tarhana into a deep bowl, add 1 cup warm water on it. Rest this mixture for 15 minutes.
- # At the end of the resting time, add ground meat, salt and black pepper into this mixture. Make it reach to the right consistency, the mixture must not stick to your hands at the end, by kneading it (Some water may be added into the mixture during the kneading to make it reach to the right consistency.). Pick hazelnut sized pieces from the mixture and roll them.
- # Put 3 + 1/2 cups water and 1/4 tsp salt into a pot and make it reach to the boiling temperature. Then, add the meatballs in it. Cook this mixture over medium heat for 20 minutes.
- # Whisk the yogurt well, get 1/2 cup of boiling water of the mixture and add it onto the yogurt. Mix it. Pour this mixture onto the meatballs. Sauté the mixture for a while, and cook it until the mixture reaches to the boiling temperature.
- # Fry the dried mint and crushed red pepper in skillet with the vegetable oil. Pour this mixture all over the meatballs.
- # Serve it hot.

Note: This meal is served in a tray in Kutahya city. The hot mixture of vegetable oil and dried mint fried in it, is poured all over the meatballs just before serving it.