



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

Kahramanmaras Meatballs with Eggplant

Patlıcanlı Maraş Köftesi



1.10 pounds fatless ground meat
1 medium onion
Crumbs of quarter bread
Half bunch parsley
1 tsp salt
1/2 tsp black pepper
3 big eggplants

For Upper Side:
4 medium tomatoes
4 banana peppers

For the Sauce:
3 tomatoes
1 tsp cumin
2 tbsp vegetable oil
1/2 tsp salt

For Frying:
2 + 1/2 cups vegetable oil

- # Grate the onion, and add the crumbs on it. Knead this mixture until the crumbs soften.
- # Then add ground meat, salt and black pepper in it. Knead the mixture for about 2-3 minutes. After adding finely sliced parsley in it also, knead the mixture for about 2-3 minutes more. Place the mixture onto the lowest layer of the refrigerator.
- # Meanwhile peel the eggplants multicolor. Cut them into pieces, each has 1 inch thickness. Rest the eggplant pieces in salty water for half an hour. Then dry them finely by a towel.
- # Put vegetable oil into a skillet and fry the eggplant pieces in it, until the color of the eggplant pieces changes a little. Then, place these pieces onto the baking tray.
- # Remove the meatballs' mixture from the refrigerator. Pick pieces from the mixture and shape each of the pieces into the size of the eggplant pieces. Fry the meatballs in the same oil also, until the color of the both sides of the meatballs changes. Place the meatballs onto the eggplant pieces on the tray.
- # Place the circle shaped sliced non-cooked tomato pieces over the meatballs and place banana pepper pieces over the tomato pieces also.
- # Prepare the sauce finally. Grate the tomatoes, add cumin, vegetable oil and salt on it. Mix it. Pour this sauce all over the meatballs on the tray.
- # Place the tray into the oven, which is preheated to 392 F. Cook the meatballs until the color of the banana pepper pieces changes.
- # Serve it hot.

Note: 1 tsp pepper paste may be added into the meatballs' mixture also.