



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

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## Tire Town Meatballs

Tire Köfte



1. 10 pounds of ground lamb meat, soft parts of the lam  
1 tsp rock salt  
2 tbsp butter  
2 medium tomatoes  
4 long green peppers

- # Add salt onto the ground meat and knead this mixture for 5 minutes at least.
- # Divide the mixture into 8 equal pieces. Wet your hands and cover the sticks with meatball mixture by squeezing the meatballs around the sticks. (It must be as thin as it can.)
- # Grill the meatballs around the sticks. Rest the meatballs for 10 minutes to cool those down. Cut the tomatoes and peppers into a few pieces.
- # Meanwhile, remove the cooled meatballs from the sticks, and cut them into 3 or 4 pieces.
- # Put butter into a big skillet. When the butter melts, add pepper and tomato pieces and grilled meatballs on it. Sauté this mixture for about 4-5 minutes carefully.
- # Serve it hot.

**Note:** Soft parts of the lamb as stick fillet or entrecote is used for the ground meat in Izmir city Tire town. The meat is ground for 3 times with salt.