



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

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## Blackie Girl Meatballs

Karakız Köftesi



1 + 1/2 cups bulgur  
1 tbsp flour  
1/2 tbsp wheat starch  
1 egg  
1 tbsp dried mint  
1 tsp salt  
1/2 tsp black pepper

For Upper Side:  
8 garlic cloves  
1/2 cup olive oil  
1 tbsp pepper paste  
1/2 tsp cumin  
8 – 10 stems of parsley

- # Put the bulgur into a deep bowl and add 1 cup hot water on it. Rest it for 10 minutes.
- # At the end of the resting time, add egg, dried mint, flour, starch, salt and black pepper onto the softened bulgur. Wet your hands and knead the mixture until it smoothens. (For about 10-15 minutes)
- # After kneading the mixture, put about 6-7 cups of water and some salt into a pot, and place the pot over heat to boil the mixture.
- # While boiling the water; pick pieces, which are a little bit bigger than hazelnuts, from the meatballs' mixture and roll them.
- # After preparing all of the meatballs, put them into the boiling water. When they start to stay over the water, remove them from the water by a strainer. Place them onto a service plate.
- # Finally prepare the mixture of upper side; put olive oil, crushed garlic, cumin, pepper paste and some salt into a skillet. Cook this mixture over medium heat for a few minutes.
- # After removing the mixture of pepper paste from the stove, add finely sliced parsley in it, mix. And then, pour this mixture all over the meatballs.
- # Serve it hot.

**Note:** Blackie Girl Meatballs is a recipe of Ankara city region.