



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

Meatballs with Tiny Bulgur

Simitli Köfte



1.10 pounds ground meat, medium fatty
1 cup bulgur
5 garlic cloves
1 big onion
1/2 tbsp pepper paste
10 – 12 stems of parsley
1/2 tsp cumin
1/2 tsp allspice
1 tsp salt

After resting the bulgur with 1 cup warm water for 10 minutes; add grated onion, crushed garlic, pepper paste, cumin, allspice and salt on it and knead until it smoothens. (For about 6-7 minutes.)

Finally, add finely sliced parsley in it. Knead the mixture for a while more, until the parsley pieces lay over the mixture totally.

Refrigerate the meatballs' mixture for half an hour. Then, pick lemon sized pieces from the mixture.

Cover the sticks with the meatballs' mixture with your wet hands, pour some vegetable oil all over and grill or barbecue them.

It can be hard to cover the sticks with meatballs' mixture. If you do not want to cover the sticks, shape the mixture as sticks. Then, place them onto the baking tray and pour very few vegetable oil all over. Bake them in 347 F heated oven.

Note: Meatballs with Tiny Bulgur is a recipe from Gaziantep region. It is also called as Bagel Meatballs, because "tiny bulgur" is called as "bagel" by local people.