



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

Potato Stuffed Meatballs

Patatesli İçli Köfte



3 cups bulgur, meatball style
1 cup flour
1 egg
3 cups water
1 tsp salt

For Stuffing:
2 big potatoes
1 medium onion
1/2 tsp black pepper
1/2 tsp crushed red pepper
1/2 tsp salt
3 tbsp vegetable oil

For Frying:
1 + 1/2 cups vegetable oil

- # Boil the potatoes with some water, then peel them. Blend them or mash to turn them into puree.
- # Dice the onion very finely and fry these pieces with 3 tbsp vegetable oil, until the pieces turn into yellow. Add potato puree, black pepper, salt and crushed red pepper on it. Sauté the mixture for a while. Then, remove it from the stove and let it cool down.
- # Meanwhile, prepare the covering mixture of the meatballs: pour 2 + 1/2 cups hot water onto bulgur, cover and rest it for 10 minutes.
- # At the end of the resting time, add egg, salt and flour onto the grown bulgur. Wet your hands while kneading the mixture, and knead the mixture until it smoothens.
- # Pick a piece, which is a little bit bigger than walnut, from the mixture of bulgur. Firstly, roll it into ball. Then, turn it around one of your forefingers to make a hole in it.
- # Insert enough filling into this hole. Close the top of the meatball. Roll it between your palms again to shape into oval.
- # After preparing all of the meatballs by this way, fry them in very hot oil in a skillet, by keeping the color of the meatballs pink.
- # Serve them hot.

Note: "Potato Stuffed Meatballs" is one of the favorite and usually cooked meal of Sivas city Kangal town.