



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

Harput Meatballs

Harput Kftesi



1.10 pounds ground meat, low fatty
2 medium onions
1 cup bulgur, meatballs type
1 tbsp pepper paste
1 tbsp tomato paste
Half bunch parsley
1 tsp sweet red pepper powder
1/2 tsp black pepper
1 tsp salt

For the Sauce:
4 tbsp vegetable oil
1 tbsp tomato paste
1/2 tbsp pepper paste
3 cups water
1/2 tsp salt

Grate the onions, add bulgur, pepper paste, tomato paste and salt onto it. Mix the ingredients well and rest it for 10 minutes.
Then, add black pepper and red pepper powder on it. Then add ground meat little by little while kneading the mixture. After kneading the mixture for 10 minutes, add finely sliced parsley in it.
Pick pieces, which are smaller than walnuts, from the mixture. Roll them into balls at first, then turn it around one of your thumb to make a hole inside the meatball. But just one side of the meatballs must be open.
After shaping all of the meatballs by this way, prepare the sauce. Put pepper paste, tomato paste and vegetable oil into a pot and mash this mixture to make it homogenous. Then add water and salt on this mixture. Place the pot over heat. When the mixture reaches to the boiling temperature, add the meatballs in it.
Cover the lid of the pot, cook it over high heat for 5 minutes. Then turn the heat to low and cook the meal for 15 more minutes, in total 20 minutes of cooking time.
Serve it hot.

Note: Harput Meatballs is a recipe from Elazig city. Dried sweet basil and dried purple basil may be added into the mixture of meatballs also in this region.