



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

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## Oruk

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1.10 pounds ground lamb  
1 medium onion  
1 + 1/2 cups bulgur, thin type  
1 tsp dried mint  
1/2 tsp black pepper  
1 tsp salt

- # Wash the bulgur and strain it, put into the mixing bowl. Add finely diced onion on it. (Slicing is advised instead of grating them.)
- # After mixing the bulgur and onion pieces, add ground lamb meat, dried mint, salt and black pepper in it. Wet your hands time to time while kneading the mixture, until it smoothens.
- # Cover the sticks with this mixture or shape the mixture into patties.
- # Cook them in oven or grill them.
- # Serve hot.

Note: Oruk, is meal which is cooked in Kilis city with fatty meat after feasts of sacrifice.