



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

Meatballs with Wet Bread Slices

Islama Köfte



1.10 pounds ground meat, normal fatty
1 big onion
4 slices of stale bread
1 garlic cloves
1/2 tsp cumin
1/2 tsp black pepper
1/2 tsp salt

For Soaking the Bread Slices:
2 cups of broth
1 tbsp vegetable oil
1 tsp tomato paste
1/2 tsp salt

For the Ground:
8 slices of smooth bread slices

For Upper Side:
4 tomatoes
8 long green peppers

Grate the onion into a mixing bowl, and add the crumbs in it. Mix it by your fingertips until the mixture smoothens.

Then add ground meat, salt, crushed garlic, cumin and black pepper in it. Knead the mixture for about 5 minutes. Place it into the fridge and refrigerate for 2 hours at least.

Meanwhile place the smooth bread slices onto the tray. And bake them in 374 F oven, until they turn to pink.

Boil the mixture of broth, tomato paste, salt and vegetable oil in a small pot for a while and cool it down.

Wet the cooled down bread slices with cool sauce. Place the patties over the bread slices and place the tray into the oven which is preheated to 374 F.

When upper sides of the patties turn to red, remove the tray from the oven and reverse the patties. Place tomato slices and long green pepper pieces between the patties and place tray into the oven again.

When the patties, tomato pieces and pepper slices turn into cooked, remove the tray from the oven. Serve it hot with bread slices.

Note: Meatballs with Wet Bread Slices is a world-famous recipe of Adapazari town.