



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

Analı Kizli

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2 + 1/2 cups bulgur, meatballs type
8.8 ounces ground calf meat
1 egg
1 small onion
1 tsp crushed red pepper
1/2 tsp black pepper
1/2 tsp salt

For Filling:

5.3 ounces ground calf meat
1 medium onion
1/2 tsp crushed red pepper
1/2 tsp black pepper
1/2 tsp allspice
1/2 tsp salt
3 tbsp vegetable oil

For the Sauce:

1.10 pounds calf meat, low fatty
1 cup chickpeas
1 tbsp tomato paste
1/2 tbsp pepper paste
Juice of half lemon
1/2 tsp salt
5 cups broth

For Upper Side:

2 tbsp butter
1 tbsp dried mint
1/2 tsp crushed red pepper

- # Clean the chickpeas, wash and rest them in water for overnight. The day after, pour the chickpeas with its water into a pot and boil it until the chickpeas soften. Chop the calf meat into big pieces and add water on it, until the water raises about 1 inch higher than meat pieces and boil it.
- # Put vegetable oil into a pot to prepare the filling and make it hot over medium heat. Then, add finely diced onion in it. When, the onion pieces turn to transparent, add ground meat in it and roast the mixture until the broth evaporates.
- # Sprinkle salt, crushed red pepper, allspice and black pepper over the mixture. (Thickly pounded walnut also may be added into the mixture.) Remove it from the stove and let it cool down.
- # Meanwhile prepare the covering mixture. Clean the bulgur, wash and put into a mixing bowl. Add finely diced onion on it, stir and rest it for 10 minutes.
- # Then, add 2 times grinded meat, egg, crushed red pepper and salt on it. Knead the mixture, until it smoothens by wetting your hands time to time.(For about 20 minutes.)
- # Pick walnut sized pieces from the prepared mixture and roll them into balls. Make a hole in the balls by your forefinger and enlarge them also. Put enough filling into these holes and close the top of the meatballs. Roll them again and force onto the tops gently.
- # After preparing all the balls by this way, make small balls with the remaining filling mixture.
- # After shaping all the balls, put 5 cups water and 1/2 tsp salt into a pot. When the water reaches to the boiling temperature, add the meatballs in it. Turn the heat to medium. When the meatballs start to lay over the water, remove the by a strainer.
- # Then add the small meatballs into the water. And remove them from the water by the same way. (The meatballs may be steamed instead of boiling also.)
- # Add 5 cups of broth, lemon juice, salt, boiled meat and chickpeas into the boiling water. When it reaches to the boiling temperature over medium heat add the meatballs in it. Cook them for about 5 minutes and then remove the pot from the stove.
- # Put butter into a small skillet. After melting it over heat, add dried mint and crushed red pepper in it.
- # Place the meatballs into the service plates and pour the mixture of hot butter all over the meatballs.

Note: "Anali Kizli" is a recipe of Gaziantep city region. It is also called as "Akitmali kofte".

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