



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

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## Cauliflower Meatballs

Karnabahar Köftesi



1 small cauliflower  
8.8 ounces skinless chicken meat  
3 tbsp flour  
1/3 cup vegetable oil  
1 tsp black pepper  
1 tsp crushed red pepper  
2 green onions  
10 stems of dill  
Chicken broth, as much as the mixture gets in  
Crumbs, as much as the mixture gets in  
1 tsp salt

- # Put the chicken meat into a pot and add water on it, until the water covers the meat totally. Cook it over medium heat, until the meat softens.
- # Cut the cauliflower into small pieces, and put these pieces into a separate pot. Add water on it until the water covers the pieces also and add some salt in it. Cook it over medium heat, until the pieces soften.
- # After cooking it, remove the cauliflower pieces from the water by a strainer, and wash them with cold water and slice them finely.
- # Put vegetable oil into the pot. After heating it over low heat, add flour on it and roast, until the smell of the flour goes away.
- # Add sliced cauliflower on it, and add chicken broth on it little by little while stirring it constantly over heat.
- # Pick the chicken meat into small pieces, when the mixture of cauliflower cools down. Slice the green onions and dill finely.
- # Add the prepared ingredients into the cool mixture of cauliflower, add salt, crushed red pepper and black pepper into the mixture also. Add crumbs into the mixture until the mixture reaches to the right consistency, but it must not stick to your hands.
- # Pick walnut sized pieces from the meatballs' mixture and roll them, then place onto the service plate and serve them.

**Note:** The meatballs may be fried in hot oil after shaping them.