



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

Palestinian Meatballs

Filistin Köftesi



8.8 ounces ground calf meat
2.20 pounds leek
1 big potato
1/3 cup crumbs
2 tsp meatball spice
1 tsp black pepper
1 tsp crushed red pepper
2 tsp salt

For Upper Side:
1 cup crumbs
2 eggs

For Frying:
2 cups vegetable oil

- # Clean the leeks and wash them. Cut them into pieces, each of them has 1/2 inch thickness, and boil them in some water, until the pieces soften.
- # Put the ground meat into mixing bowl, add 1/3 cup crumbs on it, add meatballs' spice, black pepper, crushed red pepper and salt on it.
- # After kneading the mixture for a while, add boiled and grated potato in it. And add the squeezed leek pieces which are removed from the water onto the mixture also. Knead this mixture for about 5-6 minutes.
- # Place the prepared mixture onto the lowest layer of the fridge and refrigerate for half an hour at least.
- # Pick double sized pieces from the prepared mixture and shape them as long oval pieces.
- # Dip the prepared meatballs into the whisked egg in a bowl. Then cover them with crumbs, and fry in hot oil. Remove them from the oil and place onto the paper towel to remove extra oil in them.
- # Serve it with feta cheese and pilaf.

Note: If the fried Palestinian Meatballs is refrigerated for overnight, the taste of the meatballs increases.