



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

Meatball Rings

Halka Köfte



1.10 pounds spinach
1.10 pounds ground meat
1 big onion
1 small potato
3 slices of stale bread
1/2 bunch parsley
1 tsp cumin
1 tsp black pepper
1 + 1/2 tsp salt

For Upper Side:

6 eggs
1/3 cup vegetable oil
1 tbsp tomato paste
2/3 cup hot water
1/2 tsp black pepper
1/2 tsp salt

- # Put grated onion, grated un-cooked potato and bread crumbs into a mixing bowl. Knead this mixture, until it turns to smooth.
- # Add ground meat, cumin, salt and black pepper on it. Knead this mixture for 5 minutes. Then, add finely sliced parsley in it and knead the mixture for 1 more minute.
- # Place the mixture onto the lowest layer of the fridge to refrigerate it for half an hour.
- # Meanwhile, wash the spinach and cut it into big pieces. Lay these pieces onto the greased medium size baking tray.
- # Divide the refrigerated meatballs' mixture into 6 equal pieces. Shape each of these pieces as bar over the bench. Then shape them into circles.
- # Place the prepared meatball circles over the spinach pieces on the tray, and break eggs into the middles of the circles.
- # Mix vegetable oil, tomato paste, hot water, black pepper and salt. Pour this mixture all over the tray.
- # Place the tray into the 383 F and cook it, until the eggs solidify.

Note: Meatball circles may be prepared also without adding the eggs.