



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

Meatballs with Pepper

Biberli Köfte



1.10 pounds ground meat
1 medium onion
8 medium banana peppers
6 tbsp crumbs
1 tsp black pepper
1 tsp sweet red pepper powder
1 + 1/2 tsp salt
1/3 cup flour

For Frying:
2 cups vegetable oil

- # Remove the seeds of the banana peppers and blend them. You can cut them also into very small pieces.
- # Add the crumbs onto the pepper pieces and mix it well.
- # Then, add ground meat, grated onion, red pepper powder, black pepper and salt in it and knead this mixture for about 7-8 minutes.
- # Refrigerate the mixture over the lowest layer of the fridge for half an hour at least.
- # At the end of the time, pick pieces from the mixture and shape them into oval meatballs.
- # Cover the meatballs with flour and fry both sides of these meatballs in hot oil.
- # Remove the fried meatballs from the oil and rest over the paper towel for a while to remove the extra oil. Then, place them onto the service plates and garnish with pepper and tomato during the service.

Note: Banana peppers include more water than the other pepper types.