

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

Meatballs with Leek

Lahanalı Köfte



5 medium cabbage leaves

3 long green peppers

2 garlic cloves

1 tomato

1 tbsp tomato paste

1 tsp oregano

1 tsp salt

1 + 1/2 cups water or broth

1/2 cup vegetable oil

1 cu grated kasar cheese

For the Meatballs:

1.10 pounds ground calf meat, fatless

1 small onion

8 garlic cloves

3 slices of stale bread

1 tsp salt

1 tsp black pepper

1 tsp cumin

Prepare the meatballs at first: crush the garlic cloves with salt, add grated onion and crumbs on it. Knead the mixture, until the crumbs soften.

Add ground meat, cumin and black pepper on it, knead this mixture for 5 minutes at least. Pick walnut sized pieces from the meatballs' mixture, roll them at first, then shape them as patties.

Put 1/2 cup of vegetable oil into a large pot and make it hot over medium heat. Then fry the both sides of the meatballs with this oil, until the color of the sides changes a little.

After removing the meatballs from the oil, add finely sliced long peppers and garlic into the same oil. Sauté it until the color of the pepper pieces changes.

Add finely sliced non-cooked cabbage, garlic and tomato paste in it. Sauté the mixture until the cabbage pieces become smaller. Add peeled and finely chopped tomato in it and sauté it for a while. Add 1 + 1/2 cups water or broth in it, cover the lid of the pot and cook the meal for half an hour.

Put the cooked mixture of cabbage into a separate bowl. Place the meatballs into the same pot, by getting them stay particularly over and over.

Lay the mixture of cabbage over the meatballs and sprinkle kasar cheese all over. Cover the lid of the pot and cook it for 20 minutes.

Serve it hot.

Note: Instead of kasar cheese, any of the fatty cheeses may be used also to prepare the "Meatballs with Cabbage".