



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

Mekik Meatballs with Eggplant

Patıcanlı Mekik Kfte



1.10 pounds ground meat
2 slices of stale bread
1 medium onion
1/2 tsp cumin
1/2 tsp black pepper
1 tsp salt
8 – 10 stems of parsley
2 tomatoes
For Upper Side:
2 eggplants
1 tbsp margarine
1 tbsp flour
1 pinch salt
1 cup grated kasar cheese

- # Mix the stale bread slices with grated onion, until the slices soften. Add ground meat, cumin, black pepper and salt onto the mixture. Knead it for about 5-6 minutes.
- # Place the prepared meatballs' mixture onto the lowest layer of the fridge, and refrigerate it for 1 hour at least.
- # At the end of the refrigerating, pick half lemon sized pieces from the mixture. Roll them between your palms, then shape them as patties, and then shape them as ferry.
- # Place the meatballs onto the greased baking tray, and cook the meatballs in the 392 F oven.
- # Meanwhile barbecues the eggplants. When the eggplants are hot yet, make a cut in the middle of the eggplants, remove the seeds of the eggplants by a spoon, mix them with lemon juice urgently and slice finely.
- # Put margarine, flour and salt into a skillet. Roast the mixture, until the flour turns into pink. Add barbecued eggplants onto this mixture. Saut it for a while.
- # Put enough mixture of eggplants onto the cooked meatballs. Put grated kasar cheese over them and place tomato slices between the meatballs.
- # Place the meatballs into the 392 F oven again and cook until the kasar cheese melts. Serve it hot.

Note: Lemon juice prevents the eggplants darken.