



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

Bowl Meatballs with Potato

Patatesli anak Kftesi



1.10 pounds ground meat
1 medium onion
1 garlic clove
2 slices of stale bread
1 cup grated kasar cheese
8 – 10 stems of parsley
1/2 tbsp tomato paste
1 tsp cumin
1 tsp black pepper
1 tsp salt

For Filling:
3 medium potatoes
1 tbsp tomato paste
1 tbsp vegetable oil
1/3 cup water

For Upper Side:
1 cup grated kasar cheese

For Frying:
1 + 1/2 cups vegetable oil

- # Put the bread crumbs into a mixing bowl and add onion on it. Knead the mixture.
- # Add ground meat, salt, black pepper, cumin, crushed garlic and grated kasar cheese in it. Knead the mixture for about 1-2 minutes.
- # Cover the mixture with cling film and refrigerate it on the lowest layer of the fridge for half an hour at least.
- # At the end of the time, divide the mixture into 6 equal pieces. Roll out each of the pieces by your fingertips into saucer size.
- # Grease the heat-resisting bowls' backsides and place the meatballs over the backside of the bowls and cover it.
- # After preparing all of the meatballs by this way, cook them in 374 F oven, until they turn to red.
- # While cooking the meatballs, peel the potatoes and dice. Fry the potato pieces in hot oil, until they turn to pink. And then, remove them from the oil and place onto paper towel.
- # 5 minutes later than removing the meatballs from the oven, remove the meatballs from the bowls and cool them down for a while more.
- # Place the fried potato pieces into the bowl shaped meatballs. Pour the mixture of 1 tbsp tomato paste, 1 tbsp vegetable oil, 1/3 cup water and some salt all over the meatballs.
- # Put grated kashar on the top and place the meatballs into the 374 F oven. Cook the meatballs until the kasar cheese melts.
- # Serve it with some garniture.

Note: Kasar cheese makes easier to shape the meatballs, also it gives a good taste.