



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

Moon Shadows with Beans

Bezelyeli Ay Gölgesi



1.10 pounds ground meat
2 slices of stale bread
1 medium onion
1 cup grated kasar cheese
1 cup canned green peas
1 tsp black pepper
1 tsp salt

For Upper Side:

1 egg
1 tsp tomato paste
1 tbsp milk
1 tbsp sesame

- # Grate onion onto the bread crumb and mix it, until the mixture turns to dough consistency.
- # Add ground meat, grated kasar cheese, black pepper and salt onto the mixture and knead it for 5 more minutes.
- # Finally add canned green peas in it. Knead the mixture until the green peas lays into the mixture homogenously, without mashing them.
- # Place the prepared meatballs' mixture onto the bench and shape it into cylinder with whist thickness. Then place it onto the greased baking tray.
- # Refrigerate the meatballs' mixture on the lowest layer of the fridge for an hour. Then, spread the mixture of egg, tomato paste and milk all over, and sprinkle sesame all over.
- # Bake the meal in 374 F oven until its upper side turns into red. Slice it into finger thickness, after removing it from the oven. Serve it hot.

Note: If you slice the Meatball when it is hot yet, you can't get smooth slices.