



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

Baked Meatballs with Eggplant

Fırında Patlıcanlı Köfte



1.10 pounds ground meat
1 medium onion
3 slices of stale bread
8-10 stems of parsley
1/4 tsp sodium bicarbonate
1 tsp cumin
1 tsp black pepper
1 tsp salt
4 medium eggplants
2 medium tomatoes
4 log green peppers

For Frying:
1 cup vegetable oil

For the Sauce:
1 cup hot water
1 tbsp tomato paste
1 tsp granulated sugar
1/2 tsp salt
1 tbsp butter

- # Put the stale bread slices into a mixing bowl. Add grated onion on it and knead the mixture until the crumbs loose their shape.
- # Add ground meat, salt, sodium bicarbonate, cumin and black pepper onto the mixture. Knead it, until the mixture smoothens.
- # Finally add the finely sliced parsley in it. Refrigerate the mixture for about 1 hour.
- # Meanwhile peel the eggplants and rest them in salt water for about 20-25 minutes to remove their bitter taste.
- # Then slit these eggplants into pieces, each has 1/2 inch thickness. Cut these slits into 2 or 3 pieces then.
- # Put vegetable oil into a skillet and make it hot. Then, add eggplant pieces in it. Pre-fry both sides of the pieces, just let the oil changes their color a little bit. Then, remove them from oil and place onto paper towel.
- # Sprinkle salt into a heat-resistant bowl and then place the eggplant pieces in it. Place the shaped meatballs onto the pieces and lay tomato and pepper slices on the top.
- # Put hot water, butter, tomato paste, granulated sugar and salt into a bowl. Stir this mixture, until the butter melts.
- # Pour this mixture all over the meatballs. Then, cook the meal in 394 F oven, until the meatballs turn into red.
- # Serve it hot.

Note: The granulated sugar addition decrease the bitter taste of the eggplants.