



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

Meatballs with Broccoli

Brokolili Köfte



1.10 pounds ground meat, low fatty
1 medium onion
2 slices of stale bread
8-10 stems of parsley
1/4 tsp sodium bicarbonate
1 tsp cumin
1 tsp black pepper
1 tsp salt
1.10 pounds broccoli

For Covering:
1 egg
1 cup grated kasar cheese
1 + 1/2 cups milk
2 tbsp vegetable oil
3 tbsp flour
1/4 tsp sodium bicarbonate
1/2 tsp salt

- # Prepare the meatballs' mixture at first. Put bread slices and grated onion into a bowl. Knead the mixture until the crumbs soften. Add salt, black pepper, cumin, sodium bicarbonate and ground meat on it.
- # Knead this mixture for about 5 minutes. Add finely sliced parsley in it. Knead the mixture until the parsley pieces lay in the mixture homogenously. Place it into the fridge to refrigerate for half an hour.
- # Meanwhile, put 1 cup water, 1/4 tsp sodium bicarbonate and 1/4 tsp salt into a deep pot. When the mixture reaches to the boiling temperature, add the washed and picked into pieces broccoli in it.
- # Cover the lid of the pot and cook the mixture over low-medium heat for 15 minutes. At the end of the cooking time, place the broccoli pieces into a bowl, which is full of cold water. Then, place the broccoli pieces onto a colander.
- # Whisk the mixture of grated kasar cheese, egg, flour, vegetable oil, sodium bicarbonate, milk and salt in a deep bowl.
- # Grease the baking tray or place grease-proof paper on it. Pick pieces from the meatballs' mixture and shape them however you want.
- # Cover the meatballs with the covering mixture and place them onto the tray. Then cover the broccoli pieces and place them onto the tray also.
- # Place the tray into the oven, which is set up to 394 F. Cook the meal until the meatballs and broccoli pieces turn into red.
- # Put some broccoli pieces and meatballs onto the service plates and serve this meal hot.

Note: The meals which ingredients meat and must be cooked in oven, must be cooked in the oven which is set to high heat.