



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

Full Meatballs

Dolu Köfte



2 cups bulgur, tiny type
8.8 ounces ground calf meat, fatless
1 + 1/2 cups warm water
2 tbsp flour
1 tbsp vegetable oil
1 tsp cumin
1 tsp salt

For Filling:
2 bunches of spinach (1.10 pounds)
2 medium onions
1 egg
1 cup walnut
2 cup grated kasar cheese
1 cup vegetable oil
1 tsp salt
1 tsp black pepper
1 tsp crushed red pepper

- # Prepare the filling at first. Put vegetable oil into a pot and make it hot. Then add diced onion on it.
- # When the onion pieces turn into yellow, add chopped spinach in it and sauté the mixture over high heat until the spinach pieces loose their freshness.
- # Add crushed walnut, salt, crushed red pepper, black pepper in it. Then break the egg into the mixture and sauté the mixture for a while and cover the lid of the pot.
- # When cooling the mixture of spinach, prepare the outer side of the meatballs. Rest the bulgur in 1 + 1/2 cups warm water for 10 minutes.
- # At the end of the resting time, add ground meat, cumin, salt, flour and 1 tbsp vegetable oil onto the bulgur. Wet your hands and knead the mixture for 10 minutes.
- # Grease heat resistant small bowls with too much oil. Pick lemon sized pieces from the mixture of bulgur. Shape them as patties between your palms, then fill them into the bowls firmly by giving the shape of the bowl to the mixture.
- # Put the mixture of spinach into the bowl also. Get a plate shaped mixture of bulgur and cover the filling with it.
- # Repeat the same processes, until finishing all the mixture. Place the bowls into cold oven and cook them with 383 F for about 30-35 minutes.
- # After removing the bowls from the oven, reverse them over the service plates.

Note: Ground chicken meat may be used instead of ground calf meat while cooking "full meatballs".