



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

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## Meatballs with Batter

Bulamaçlı Köfte



1.10 pounds ground meat, medium fatty  
1 + 1/2 cups bulgur, thin type  
1 cup warm water  
1/2 tbsp tomato paste  
2 medium onions  
10 - 12 stems parsley  
1/3 cup thickly pounded walnut  
1/2 tsp black pepper  
1 tsp cumin  
1 tsp salt

For the Batter:  
1 egg  
2 tbsp flour  
1/3 cup water

For Frying:  
2 cups vegetable oil

- # Add 1 cup warm water onto bulgur, and rest this mixture. Then, add grated onion on it and mix it, rest it for 10 minutes.
- # Then add ground meat, tomato paste, black pepper, cumin and salt onto the grown bulgur. Knead this mixture, until it turns into homogenous.
- # Add thickly pounded walnut and finely sliced parsley into the meatballs' mixture, knead it for a while. Wet your hands and shape the mixture into meatballs as finger.
- # Put egg, flour and water into a deep bowl and whisk it well to turn the mixture into batter.
- # Dip the meatballs into this mixture and rest each of them in this mixture for a bout 1 minute. Then fry them in hot oil.
- # Serve it hot.

**Note:** Because of the bulgur in the meatballs' mixture, the meatballs may be cracked after for a while. Because of that, they must be dipped into batter mixture urgently.