



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

Meatballs with Sesame

Susamlı Köfte



1.10 pounds ground meat, medium fatty
1/3 cup bulgur, tiny type
1 big onion
1 thick slice of stale bread
10 – 15 stems parsley
1 tsp black pepper
1 tsp salt

For Upper Side:
1 egg
1 tbsp milk
1 cup sesame

Put stale bread slice and bulgur into a mixing bowl. Add grated onion and salt on it and knead it until the mixture turns into homogenous. Rest it for 10 minutes to make the bulgur grow.
Then, add ground meat, black pepper and finely sliced parsley on it. Knead the mixture for about 5 minutes. Refrigerate it for an hour.
At the end of the refrigerating time, pick walnut sized pieces from the mixture and shape them as fingers.
Whisk the mixture of egg and milk in a bowl and dip the meatballs into this mixture, then cover them with sesame. Place them onto the greased medium size baking tray.
Place the tray into the oven, which is preheated to 394 F, and cook the meatballs until the sesame over the meatballs turn into yellow.
Serve it hot.

Note: Because of the oil in sesame, it is not advised to use fatty ground meat.