



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

Twisted Meatballs with Sesame

Bulgurlu Bükme Köfte



8.8 ounces ground calf meat
2 slices of stale bread
1 medium onion
1/2 tsp sodium bicarbonate
1/2 tsp cumin
1/2 tsp crushed red pepper
1/2 tsp black pepper
1 tsp salt

For Filling:
8.8 ounces ground calf meat
1/3 cup bulgur, thin type
1 small onion
1 handful pistachio or walnut
1/2 tsp black pepper
1/2 tsp salt
4 tbs vegetable oil

- # Firstly prepare the covering part of the meatballs. Put grated onion and stale bread slices into a mixing bowl. Knead this mixture until it turns into homogenous.
- # Add ground meat, crushed red pepper, black pepper, sodium bicarbonate, cumin and salt on it. Knead this new mixture until it smoothens. Then, place it onto the lowest layer of the fridge to refrigerate for an hour at least.
- # Meanwhile, prepare the filling of the meatballs. Put vegetable oil into a skillet and make it hot. Then add finely diced onion in it and sauté it until the onion pieces turn into transparent.
- # Add ground meat on it and sauté it until it gives it broth and soaks again. Then add washed bulgur, black pepper, salt and pistachios in it. Stir the mixture and cover the lid of the pot. Let it cool down.
- # Place a piece of aluminum foil, which has about 20 inches length, over the bench. Lay the refrigerated meatballs' mixture onto the foil by giving it square shape with 1/2 inch thickness.
- # Place the mixture of bulgur on it by forcing on it with same thickness. Make the mixture as cylinder by the help of the foil. Warp it by the foil firmly.
- # Place it into the oven, which is preheated to 374 F, and cook it for about half an hour.
- # Rest it for half an hour, after removing it from the oven. Then, slice and serve it.

Note: It is advised to slice the cylinder with the foil around it to get a better result.