



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

Veal Meatballs

Ciğer Köfte



1.10 pounds of calf veal
1/3 cup bulgur, thin type
Crumbs of half bread
1 onion
1 egg
1/2 tsp crushed red pepper
1 tsp black pepper
1 tsp salt

For Frying:
2 cups vegetable oil

For Garniture:
2 medium potatoes
2 medium onions
7-8 stems of parsley
1/2 tsp salt

- # Put the bread crumbs into a deep bowl. Grate the onion on it, add egg and salt also. Knead it until the crumbs lose their original shapes.
- # Blend the veal or grind it. Add it into the mixture of crumbs, with its broth.
- # Add bulgur, black pepper and crushed red pepper on it, and knead the mixture for about 2-3 minutes. (The mixture may be juicy, it is normal.)
- # Refrigerate this mixture for half an hour to grow the bulgur in it.
- # Meanwhile, peel the potatoes and chop them. Fry them in hot oil with pink color, then remove them from the oil and place onto the paper towel to remove the extra oil.
- # Pick pieces from the refrigerated mixture and shape them however you want. Fry them in the oil, which you fried the potato pieces in also. Then, place the meatballs onto the paper towel to remove extra oil.
- # Slice the onions into half circles, finely slice the parsley also. Knead the onion pieces with salt and mix it with salt.
- # Place the meatballs onto the service plate and garnish them with fried potato and mixture of onion and parsley.

Note: Onion is used as a garnish in veal meals to remove the smell of the veal.