



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

---

## Meatballs with Saffron

Safranlı Köfte



1.10 pounds ground meat, fatless  
2 medium onions  
3 slices of stale bread  
1 medium carrot  
1 green onion  
8 – 10 stems of parsley  
1 + 1/2 tsp salt  
1 tsp cumin  
1 tsp black pepper

For Frying:  
1/2 cup vegetable oil  
1/3 cup flour  
2 eggs

For Upper Side:  
1 tsp saffron  
1 cup milk  
1 tbsp corn starch  
1/2 tsp salt  
1 + 1/2 cups water

- # Rest the saffron in 1/2 cup cold water to make it change the color of the water.
- # Grate the onion and carrot into a mixing bowl finely. Add crumbs on it. Mix it until, the crumbs soften.
- # Add ground meat, cumin and salt onto the mixture. Knead it for 5 minutes. Add finely sliced green part of the green onion and parsley into the mixture and knead it for about 1-2 minutes more.
- # Pick walnut sized pieces from the mixture. Firstly roll them, then shape them as patties.
- # Put vegetable oil into skillet. When the oil goes into hot, dip the meatballs into whisked egg at first, then cover them with flour. Fry both sides of the meatballs. Then place them onto paper towel to remove their extra oil.
- # Put milk, 1 cup cold water, corn starch and salt into a small pot. Finally add the mixture of saffron and water into the pot. Mix this mixture before placing over heat, until the starch dissolves totally.
- # Place this mixture over low-medium heat and cook it by stirring constantly, until it reaches a lower consistency than milk pudding.
- # Place the fried meatballs onto service plate, pour hot saffron mixture all over the meatballs. Sprinkle finely sliced parsley all over before the serving.

**Note:** The mixture of saffron must be hot. If it cools down and solidifies, add some water in it and heat it over low heat.