



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

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## Albanian Meatballs

Arnavut Köftesi



1.10 pounds ground meat  
5 garlic cloves  
4 slices of stale bread  
1 tsp salt  
1 tsp black pepper  
1 cup yogurt

For the Sauce:

2 onions  
7 tbsp vegetable oil  
4 long green peppers  
1 tbsp tomato paste  
1 + 1/2 cups water  
1/2 bunch of parsley

For Frying:

2 cups vegetable oil

# Crush the garlic with some salt and put it into a mixing bowl. Then, add stale bread crumbs on it and mix it, until the crumbs soften. Then add ground meat, salt and black pepper on it and knead the mixture, until it turns into homogenous.

# Pick walnut sized pieces from the mixture and shape them into balls. Fry them.

# Put half circle shaped sliced onion, vegetable and long green peppers into a pot. Sauté the mixture, until the onion pieces becomes smaller. Add tomato paste in it and add 1 + 1/2 cups hot water on it.

# Add the fried meatballs in it. Cook the meal over medium heat for 10 minutes.

# Lay the whisked yogurt onto the middle of the service plate, place the meatballs on it. Sprinkle sliced parsley around the meatballs.

**Note:** This recipe is very popular in Iskodra city of Albania.