



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

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## Meatballs with Yogurt

Yoğurtlu Köfte



8.8 ounces ground calf meat  
2 cups bulgur, thin type  
1 egg  
1 tbsp flour  
1 medium onion  
1 tsp salt  
1 tsp black pepper  
1 tsp crushed red pepper  
4 cups water

For Upper Side:  
2 cups yogurt  
5 garlic cloves  
1/2 cup water  
1/2 tsp salt  
1/3 cup vegetable oil  
1/2 tbsp pepper paste  
1 tsp dried mint

- # Put bulgur, ground meat, flour, egg, salt, crushed red pepper and black pepper into a mixing bowl. Add grated onion on it.
- # Put 1 cup warm water near the mixing bowl to wet your hands during the kneading. Wet your hands time to time during the kneading. When the water in the cup finishes, stop kneading the mixture. (About 15 minutes.)
- # Pick half walnut sized pieces from the mixture and roll them. After shaping all of the meatballs, rest it for half an hour to dry them a little.
- # Put 4 cups water and 1/2 tsp salt into a deep bowl.
- # When the water reaches to the boiling temperature, add the prepared meatballs in it and cook them over medium heat for 25 minutes.
- # While cooking the meatballs, crush the garlic with some salt, mix it with yogurt and add 1/2 cup water in this mixture. Whisk this mixture until it smoothens.
- # Put vegetable oil and pepper paste into a separate pot and make it hot over medium heat, then add dried mint in it.
- # After cooking the meatballs, place them onto service plate with its broth. Pour the mixture of garlic and yogurt over the meatballs at first. Then, pour the mixture of oil and pepper paste all over. Serve it hot.

**Note:** If you use broth instead of water for boiling the meatballs, the meal becomes more delicious.