



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

Mola Meatballs

Mola Köfte



1.10 pounds ground meat
3 slices of stale bread
1 big onion
7 - 8 stems of parsley
1 + 1/2 tsp salt
1/2 tsp black pepper
4 medium potatoes
4 medium tomatoes
4 banana peppers
1 tbsp tomato paste
1 + 1/2 cups water
1/2 cup sunflower oil

Mix the bread slices with grated onion, until the bread slices loses their shape.

Add salt, black pepper and ground meat on it. After kneading the mixture for 5 more minutes, add finely sliced parsley into the mixture and knead it for a while more.

Refrigerate the mixture on the lowest layer of the fridge for half an hour at least. Meanwhile, do the remaining processes.

Peel the potatoes and slice them as French fries. Remove the seeds of the peppers and slit them into 2 pieces. Cut the tomatoes into 4 pieces also. Put sunflower oil into a skillet and make it hot. Then, add the potato, pepper and tomato into the oil respectively. Sauté the mixture until the colors of the ingredients changes a little. Then place them over paper towel to remove extra oil.

Pick walnut sized pieces from the refrigerated meatballs' mixture and shape them as fingers.

Fry the meatballs in the oil, which you fried the vegetables before, until the color of the meatballs changes. Then place them over paper towel to remove their extra oil.

Add tomato paste and 1 + 1/2 cups water onto the same oil, and mix it. Place the meatballs on the ground and place the vegetables over the meatballs. Pour the mixture of tomato paste all over the vegetables. Cook the meal over medium heat for about 15-20 minutes.

Serve it hot.

Note: Mola Meatballs and Izmir Meatballs are very similar, but different recipes.