



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

Meatballs with Macaroni

Makarnalı Köfte



1.10 pounds ground meat
1 egg
1 medium onion
1 small bell pepper
3 slices of stale bread
1/2 tsp oregano
1/2 tsp salt
1/2 tsp black pepper
1/2 bunch of parsley
1/2 tbsp tomato paste
1 pack of farfalle
1 tbsp butter

For Frying:
1 + 1/2 cups vegetable oil

For the Sauce:
4 big tomatoes
1 garlic clove
1 small onion
1 long green pepper
1 tsp oregano

- # Prepare the meatballs at first. Grate the onion onto the bread slices and break the egg on it also. Knead the mixture until the bread slices lose their shape.
- # Add finely diced bell pepper, ground meat, oregano, black pepper, salt and tomato paste onto the mixture and knead it for about 5-6 minutes. Then, add finely sliced parsley in it and knead the mixture for a while more. Then place this mixture into the fridge.
- # After refrigerating the meatballs' mixture for half an hour, pick walnut sized pieces from the mixture and roll them. Fry these meatballs in too much oil and place them onto paper towel to remove the extra oil.
- # Then, prepare the sauce. Dice the onion finely and fry it with 4 tbsp vegetable oil. When the onion turns into transparent, add finely diced garlic and long green pepper in it.
- # When the color of the pepper changes, add grated tomato, oregano and some salt into the mixture.
- # After the bubbles start to seem in the mixture, cook the mixture for 2 more minutes. Add the fried meatballs into the mixture and cook it for 10 more minutes.
- # Meanwhile, boil the macaroni, and then roast it in butter. Place it onto the service plate, when it is hot yet. (Or it can be divided into small plates also.)
- # Pour the prepared sauce all over the meatballs with macaroni and serve it hot.

Note: "Meatballs with Macaroni" is an Italian recipe.