



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

Meatballs with Rice

Pirinçli Köfte



1.10 pounds ground meat
1 egg
1/3 cup rice
1 medium onion
1 slice of stale bread
2 tsp salt
1 tsp black pepper
1 tsp crushed red pepper

For the Sauce:
2 tomatoes
7 long green peppers
1 tbsp tomato paste
4 tbsp sunflower oil
1 cup water

- # Firstly, boil the rice in too much water until it turns into soft and mushy.
- # Put the edges of the stale bread slices aside, grate onion onto the inner sides of the bread slices, knead this mixture to soften the crumbs.
- # Add ground meat, salt, black pepper, crushed red pepper, egg and finally add, boiled, strained cool rice onto the mixture, and knead the mixture until it smoothens.
- # After refrigerating the meatballs' mixture over the lowest layer of the fridge, pick pieces, which are smaller than walnuts, from the mixture and shape them oval.
- # Place the meatballs onto the greased medium size baking tray. Place tomato slices between the meatballs.
- # Whisk the mixture of tomato paste, water and sunflower oil in a deep bowl and pour this mixture all over the meatballs. Then, place the long green peppers all over the meatballs.
- # Cover the tray with aluminum foil or heat resistant lid firmly. Cook the meatballs in the oven for 1 hour in 392 F.
- # Serve it hot.

Note: Tomato may be added into the sauce instead of tomato paste also.