



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

---

## Meatballs with Bread Soaked Gravy

Tiritli Kfte



1.10 pounds calf cubes  
7 ounces ground calf meat, fatless  
1 cup bulgur, thin type  
1 medium onion  
1 cup chickpeas  
1/2 tbsp tomato paste  
1/2 tbsp pepper paste  
4 tbsp vegetable oil  
1/2 tsp black pepper  
1 + 1/2 tsp salt  
4 cups water or broth

# Rest the bulgur in 1 cup warm water for 10 minutes. Then, add 1/2 tsp salt, 1/2 tsp black pepper and ground calf meat on it. Knead it for about 10 minutes, by wetting your hands time to time during the kneading.  
# Then, pick pieces, which are smaller than walnuts, from the mixture, roll them and place onto a flat service plate. Place the plate onto the lowest layer of the fridge.  
# Put vegetable oil and calf cubes into a pot and cook it over medium heat, until the meat pieces give their broth and soak it again.  
# Add pepper paste, tomato paste and finely diced onion on it.  
# When the onion turns into transparent, add chickpeas, 1 tsp salt and 4 cups hot water or broth into the mixture.  
# When the mixture reaches to the boiling temperature, remove the meatballs from the fridge and put them into the mixture. (Do not stir the mixture for keeping the shaped of the meatballs, but shake the pot gently.)  
# Cover the lid of the pot, and cook the meal over medium heat for 10 minutes. Then remove it from the stove and serve hot.

**Note:** The meatballs, which include bulgur may lose their shapes, if they stay in liquid for a long time. So, this kind of meatball meals must be cooked just before the serving.