



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

Cuban Meatballs

Küba Köftesi



Cuban Meatballs (Küba Köftesi)

1.10 pounds ground calf meat, fatless
3 garlic cloves
1 cup crumbs
1 tbsp mustard
2 tsp cumin
1 tsp curry
2 long green peppers
2 eggs
2 tbsp milk
2 tbsp vegetable oil
1 tsp black pepper
1 + 1/2 tsp salt

For the Sauce:

1 cup milk
1 tbsp butter
1 + 1/2 tbsp flour
1/2 red bell pepper
1 long green pepper
1 garlic clove
1/4 tsp salt
1/4 tsp black pepper

- # Prepare the meatballs' mixture at first. Remove the seeds of the long green peppers, slice it finely as parsley.
- # Break the eggs onto the pepper pieces, add crumbs, milk, crushed garlic, mustard and vegetable oil on it and knead this mixture for a while.
- # Pick walnut sized pieces from the mixture, roll them at first, then shape them as patties and grill them.
- # While grilling the patties, prepare the sauce. Roast the flour with butter. When the flour turns into pink, add cold water on it and stir this mixture constantly. Add very finely sliced red pepper, crushed garlic, salt and black pepper in it. Cook this mixture, until it reaches to the milk pudding's consistency.
- # Place the hot patties onto the service plate and pour sauce all over them, then serve it hot.

Note: Cuban meatballs originally have triangle shape. To get the triangle shape, special metal cookie moulds are used.