



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

Society Meatballs

Sosyete Köftesi



1.10 pounds ground meat, medium fatty
1 onion
3 slices of stale bread
1 egg
8 – 10 stems of parsley
1 tsp cumin
1 tsp black pepper
1 tsp salt

For Upper Side:
8 matchboxes sized kasar cheese

For the Sauce:
1 eggplant
3 tomatoes
3 long green peppers
3 green onions
2 garlic cloves
4 tbsp vegetable oil
1 tsp granulated sugar
1/2 tsp salt

- # Grate the onion into the mixing bowl. Add salt, cumin, black pepper and crumbs on it. And mix it.
- # Then add ground meat on it. Knead the mixture until it smoothens. Finally, add the very finely sliced parsley in it and knead the mixture again. Refrigerate this mixture for half an hour.
- # Meanwhile, prepare the sauce. Peel the eggplants and dice them. Fry these pieces in hot oil and then place the pieces onto the paper towel to remove their extra oil.
- # Put vegetable oil into a small pot and make it hot over medium heat. Then, add finely sliced green onion and long green pieces in it. Sauté the mixture, until the color of the vegetables changes.
- # Then add the peeled and finely chopped tomato into the mixture. Add finely sliced garlic, salt and granulated sugar also. Cook this mixture until it reaches to the consistency of thick tomato paste. Add fried eggplant pieces into the mixture also and cook it for 5 more minutes. Then remove it from the stove.
- # Divide the refrigerated meatballs' mixture into 8 equal pieces and shape them as thin circles, as hamburgers.
- # Grill them. Place kasar cheese on them just before the serving, and cook it for a short time until the kasar cheese over the hamburgers turn into red.
- # Place the prepared sauce onto the middle of the service plate and place a hamburger on it and serve it hot.

Note: The sauce may be served as puree also, by blending it.