



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

Inegol City Meatballs with Tomato Paste

Salçalı İnegöl Köftesi



1.10 pounds ground meat, medium fatty
2 slices of stale bread
1 medium onion
1 garlic clove
1 tsp oregano
1 tsp baking powder
1 tsp black pepper
1 tsp salt

For the Tomato Paste Mixture:

4 big tomatoes
1 small onion
1 garlic clove
3 banana peppers
1/2 tsp black pepper
1/2 tsp salt
1 tsp granulated sugar
2 tbsp vegetable oil

For Frying:

1/3 cup vegetable oil

- # Firstly, prepare the meatballs' mixture. Grate the onion, crush the garlic clove, add the crumbs also and mix it.
- # Add ground meat, oregano, baking powder, salt and black pepper. Knead this mixture until it smoothens.
- # Then make finger shaped meatballs from this mixture. Place them onto a service plate and refrigerate them for 30 minutes.
- # Meanwhile, prepare the tomato paste mixture. Grate the tomatoes, dice the onion and banana peppers finely, crush the garlic. Put the prepared mixture into a small pot, add granulated sugar on it, add black pepper and salt on it.
- # Cook the mixture over medium heat, until the pepper pieces soften.
- # Fry both sides of the refrigerated meatballs in skillet. Place the meatballs into a medium size baking tray. Pour the prepared mixture of tomato paste all over it.
- # Place the tray into the oven, which is preheated to 392 F and cook the meatballs for 20 minutes. Serve it hot.

Note: the biggest specialty of the "Inegol City Meatballs" is the baking powder as an ingredient. Baking powder is different than sodium bicarbonate, because it includes some more wealthy elements.