



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

Meatballs with Roux

Meyaneli Köfte



Meatballs with Roux (Meyaneli Köfte)

1.10 pounds ground calf meat, medium fatty
1 medium onion
2 garlic cloves
2 slices of stale bread
1/2 tsp cumin
1/2 tsp black pepper
1 tsp salt
1 cup chickpeas

For Frying:
1/3 cup sunflower oil

For Roux;
1 tablespoonful margarine
1 tablespoonful flour
3 cups broth
1 garlic clove
1 tbs vinegar
1/2 tsp black pepper
1/2 tsp salt

- # Clean the chickpeas at night. Wash it and rest in water for overnight. Pour the chickpeas with the water, which the chickpeas rested in, into a pot and boil until the chickpeas soften.
- # Add grated onion and crushed garlic onto the stale bread slices. Knead the mixture until the bread slices soften.
- # Add ground meat, cumin, salt and black pepper on it, and knead the mixture for 5 minutes. Place it onto the lowest layer of the fridge and refrigerate for 1 hour.
- # Then pick pieces, which are smaller than walnuts but bigger than hazelnuts, from the mixture and roll them. Fry them in sunflower oil in a skillet.
- # For preparing the roux, put the margarine into a pot and melt it over medium heat. Then add flour in it and roast, until the color of the flour turns into pink.
- # Then, add cold broth, vinegar, crushed garlic, black pepper and salt on it. Cook it by stirring constantly, until the mixture reaches to the right consistency.
- # Add the boiled chickpeas and fried meatballs into the roux. Stir it for one time, without losing the shape of the meatballs. Cover the lid of the pot, and cook the meal over low heat for about 10 -15 minutes.
- # Serve it hot.

Note: Originally the meatballs are fried in butter.