



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

Meatballs with Yogurt and Cucumber

Cacıklı Köfte



1.10 pounds ground meat, medium fatty
3 slices of stale bread
1 medium onion
1/2 tsp cumin
1/2 tsp oregano
1/2 tsp sodium bicarbonate
1 tsp salt

For the Soup:
4 tbsp mayonnaise
4 tbsp yogurt
1 medium cucumber
2 garlic cloves
2 stems of dill
1/4 tsp salt

For Garniture:
2 medium potatoes
2 tbsp vegetable oil
1 tsp oregano
1/2 tsp crushed red pepper
1/2 tsp salt

- # Firstly prepare the meatballs' mixture. Put crumbs, grated onion and salt into a mixing bowl and knead it, until it smoothens.
- # Add ground meat, sodium bicarbonate and oregano on it. Knead the mixture for about 5-6 minutes, until it smoothens. Then, place it onto the lowest layer of the fridge and refrigerate it for half an hour.
- # Meanwhile, peel the potatoes and cut them into a few pieces. Add vegetable oil, oregano, crushed red pepper and salt on it and mix. Put this mixture aside.
- # Pick walnut sized pieces from the refrigerated mixture and shape them as fingers.
- # Put the meatballs and the prepared potato slices onto the greased or grease-proof paper covered baking tray.
- # Place the tray into the oven, which is preheated to 392 F. Cook them until the meatballs and potato slices turn into red.
- # While cooking the meatballs, prepare the mixture of yogurt and cucumber. Wash the cucumbers and grate them thickly. Add mayonnaise, yogurt, crushed garlic, finely sliced dill and parsley, and salt in it. Whisk this mixture.
- # Put enough mixture of cucumber onto the service plate. Place the hot meatballs and potato slices onto this mixture and serve it hot.

Note: Instead of mayonnaise, 2 tbsp olive oil maybe added into the mixture.