



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

Carrot Balls

Havuç Köftesi



4 medium size carrots
2 medium size potatoes
2 green onions
1 cup grated feta cheese
5 tbsp flour
10 - 15 stems of parsley
1 tsp crushed red pepper
1 tsp salt

For Frying:
1 + 1/2 cups vegetable oil

- # Peel the carrots and potatoes, steam them or boil with very little water.
- # Then place it into a deep mixing bowl by a fork or a beater.
- # Add flour, grated feta cheese, salt, crushed red pepper, finely sliced parsley and green onion on it.
- # Stir the mixture well. Meanwhile, make the oil hot in a skillet.
- # Pick walnut sized pieces from the mixture by a wet spoon and place these pieces into the hot oil. Then, place the fried balls onto paper towel, and then place them onto the service plate in order to serve.

Note: For increasing the taste of the Carrot Balls, cumin and crushed garlic may be added into the mixture.