



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

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## Steak Tartar a la Turca

Çiğ Köfte



8.8 ounces ground meat, fatless  
2 cups cracked wheat  
2 onions, medium size  
1 tbsp hot pepper paste  
1 tsp cumin  
1 tsp salt  
1 bunch parsley  
4-5 leaves of romaine lettuce

- # Place the cracked wheat into a tray, pour 1 cup water on it, and let it soak the water for 10 minutes.
- # Dice the onions finely, add to the wet cracked what with salt.
- # After kneading the cracked wheat with onions for a while add pepper paste and cumin, knead again for a while.
- # Add the fatless ground meat into this mixture and knead for about 30-35 more minutes to get a smooth mixture.
- # Finally add the finely sliced parsley, and knead the mixture until get a smooth mixture.
- # Pick walnut sized pieces from the mixture, and shape them by forcing in your hand.
- # Place on the service plate, serve with romaine lettuce leaves.

**Note:** If you feel that the cracked wheat is not wet enough, wet your hands and continue to kneading.