



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

## Baked Meat and Rice Croquettes

Fırında Kadınbudu Köfte



1.1 lbs minced lamb meat, medium fatty  
1 onion  
1/3 cup rice  
3 tbsp vegetable oil  
1 tsp black pepper  
1 tsp cumin  
1 tsp salt  
For the Upper Side:  
1 egg  
1/3 cup bread crumbs

- # Firstly, pour a bit more than 1 cup water over the rice and cook it over low heat until the rice soaks the water totally.
- # Pour the oil into a frying pan and make it turn to hot. Add small onion pieces and fry them until they turn into transparent.
- # Add half of the meat on it. Cook it by stirring constantly, until the meat turns into small pieces.
- # Add salt, black pepper and cumin just before removing it from the stove. Then let it cool down.
- # And then, mix the cool meat with boiled rice. Finally add row meat.
- # Knead the mixture until it turns into homogenous (for about 2-3 minutes).
- # Pick lemon size pieces from the mixture and shape them oval. Dip them into whisked egg at first, then cover with crumbs.
- # Place the prepared croquettes into the greased baking tray. Place the tray into the oven which is preheated to 374 F and bake them for half hour.
- # Serve them warm.

**Note:** The roasted meat definitely must be cooled down before mixing it with the row meat.