



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

Anchovy Patties

Hamsi Köftesi



1.7 lbs anchovies
1 onion
2 cloves of garlic
Half bunch parsley
1 egg
1 tbsp corn flour
1/3 cup bread crumbs
1 tsp meatball's spice mixture
1 tsp salt
To Cover:
1/2 cup corn flour
To Fry:
1 cup vegetable oil

Cut off the heads and bones of the anchovies. Wash and place them onto a colander to drain the water for about 1 hour.

Then, get some anchovies together and cut them thinly. (You may blend it also.)

Transfer it into a mixing bowl. Break the egg on it, add grated onion, mashed garlic, bread crumbs, corn flour, salt and meatball's spice mixture. Knead this mixture for about 5 minutes.

Add thinly chopped parsley in it and knead the mixture for a while more. Then, cover and refrigerate it for half hour.

At the end of the refrigerating time, pick apricot sized pieces from the mixture. Shape them as patties.

Cover the patties with corn flour and fry. Then place onto a paper to remove their extra oil.

Serve them hot or warm.

Note: 1.7 lbs anchovies after removing their heads and bones decrease 1.1 lbs.