



Eat and drink, but waste not by excess (Al-A'raf 31)
Banu Atabay's Mütevazı 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.