



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

Liver Circles

Ciğer Tablaması



1 liver of sheep
6 cup cracked wheat
3 onions, medium size
1 tbsp pepper paste
1 tbsp tomato paste
1 tsp dried mint
2 tsp dried sweet basil
1 tsp black pepper
2 tsp salt
1 tsp crushed red pepper
1/3 cup sunflower oil

After peeling the liver, blend to get it as ground meat.

Put the ground liver into a deep bowl, add unwashed dry cracked wheat and grated onions.

After kneading these ingredients for a while, add pepper, tomato paste, pepper paste, basil, mint, black pepper, salt and knead the mixture for about # 7-8 more minutes to get it smooth.

Refrigerate the mixture for half an hour. Pick walnut sized pieces from the mixture. Roll them as balls and then force on it by the help of palms to flatten them. Make small holes in the middles.

After preparing all he liver circles by this method, boil them in boiling water with some salt for about 7-8 minutes.

Remove the liver circles from the water and place on a flat service plate, pour the mixture of red-hot oil and crushed red pepper all over.

Note: Liver Circles (Ciğer Tablaması in Turkish) is a nearly forgotten recipe of Bitlis.