



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

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## Crushing Meatballs

Sıkma Köfte



17.6 ounces ground beef  
3 tbsp flour  
1 egg  
1 onion, grated  
1/2 tsp black pepper  
1/2 tsp sodium bicarbonate  
1 cup yogurt  
2 cup gravy  
1/3 cup vegetable oil  
1 tsp crushed red pepper  
1 tsp salt

- # Put ground beef, egg, grated onion, black pepper, sodium bicarbonate, salt in a bowl and knead them for about 10-15 minutes.
- # Pick finger sized pieces from it.
- # Fry the meatballs with some oil.
- # Then boil with gravy for about 30-35 minutes.
- # Put the fried and boiled meatballs on a plate.
- # Add crushed red pepper in oil and fry them a little.
- # And pour this mixture and yogurt all over the meatballs.

Note: You can bake the meatballs instead of frying. And then boil as told in recipe.