



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

Meatballs With Egg Yolk And Lemon Sauce

Terbiyeli Köfte



17.6 ounces ground meat
2 slices of stale bread
4 tbsp rice
1 onion
Parsley
1 tsp cumin
3/4 tsp black pepper
1 tsp salt
5 cup water

For marinade:
1 lemon
1 egg
1/2 tsp salt

- # Crumble the bread, grate the onion, and mix them.
- # Add ground meat, cumin, salt, black pepper into mixture and knead for 5-10 minutes.
- # Finally add washed rice and finely sliced parsley, and mix.
- # Pour some flour to the oven tray.
- # Make little balls from the mixture (hazelnut size), put on to oven tray, and shake the tray for flouring the balls.
- # Put 5 cup of water and 1 tsp salt in a pot and boil.
- # When it boils add the meatballs in it, you can shake the balls before that in order to get away extra flour.
- # When the rice grows, add the sauce of whiskered egg, lemon juice and salt, which was prepared in separate pot. Calm the mixture some before adding.
- # After 5 minutes cooking with sauce, serve hot.

Note: If you want to prepare the sauce thicker, you can add 1 tsp flour into it.