



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

Dry Meatballs

Kuru Köfte



26.5 ounces ground meat
4 stale bread slices
2 onions, medium
1 egg
1/2 tsp black pepper
1 teaspoonful cumin
1 teaspoonful salt
8-10 parsley stems

- # Crumble stale bread slices into a large bowl.
- # Grate the onions on it.
- # Knead them until getting smooth.
- # Add ground meat, egg and the spices and then at least 10 minutes.
- # Add finely sliced parsley, and then knead until the parsley diffuse to all mixture equal.
- # Let it stand in the fridge at least an hour.
- # Shape the meatballs, cook in oven or grill.

Note: If you let the mixture stand in fridge for a night you get a better result.