



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

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## Fellah Meatballs

Fellah Köftesi



8.8 ounces ground beef  
2 cup + 1 tablespoonful cracked wheat  
3 tbsp flour  
1 egg  
1 onion  
1 tsp cumin  
1 + 1/2 tsp salt  
1/2 tsp black pepper  
1/2 tsp oregano

For Garnish:  
1 tbsp tomato paste  
1/2 cup vegetable oil  
4 garlic cloves

- # Knead the mixture of cracked wheat, flour, egg, grated onion and spices for about 5-10 minutes.
- # Round small meatballs, fry in the red-hot oil.
- # Roast pounded garlic and tomato paste with vegetable oil.
- # Pour this garnish over the fried meatballs.
- # Serve hot or warm.

Note: You can garnish also with lettuce.