



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

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## Hamburger

Hamburger Köftesi



1.10 pounds ground meat  
1 medium onion  
3 tbsp crumbs  
1 tsp cumin  
1/2 tsp meatballs spice  
1/2 tsp black pepper  
1 tsp salt

- # Grate the onion, and add the ground meat, crumbs, salt, black pepper, meatballs spice and cumin into it.
- # Knead this mixture for 10 minutes.
- # After resting the mixture for about 15-20 minutes, pick half lemon sized pieces from the mixture and roll them, flat them between your palms to saucer size.
- # Grill them.
- # Place it between the buns, add ketchup, pickle and Russian salad, and serve.

Note: You can find to the recipe of bun in "pastries recipes".