



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

Inegol Kofte

İnegl Kfte



1.10 pounds ground meat
1 slice of stale bread
1 medium onion
2 garlic cloves
1/2 tsp thyme
1/4 tsp allspice
1/2 tsp cumin
1 + 1/2 tsp salt
1/2 tsp black pepper
3/4 sodium bicarbonate

Grate the onion over the stale bread, add the pounded garlic cloves, and mix until getting a smooth mixture.
Add the remaining mixture and pounded thyme, knead for 10 minutes at least.
Refrigerate for 30 minutes, and then pick walnut sized pieces and shape them as fingers.
Grill them.
Serve hot.

Note: Elasticity is the biggest speciality of Inegol Kofte. To provide this specialty you can add some ground liver.