



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

Inegol Kofte

İnegöl Köfte



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.