



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

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## Loluk

Loluk



1.10 pounds fatless ground meat  
1 cup cracked wheat  
3 onions  
2 long green peppers  
1 tbsp tomato paste  
7 tbsp vegetable oil  
3 tsp salt  
1/2 tsp crushed red pepper  
1/2 tsp black pepper  
2 tomatoes

- # Slice the onion finely, add vegetable on it, and cook over medium heat until it softens.
- # When the onion gets cooked, add the tomato paste and finely sliced peppers. When the colour of the peppers change a little, add peeled and finely sliced tomatoes.
- # Add 1 litre boiling water and salt.
- # While cooking it, knead the mixture of ground meat, cracked wheat, black pepper, crushed red pepper, salt in a separate bowl.
- # Rest the mixture for a few minutes, and then pick walnut sized pieces and roll them.
- # Add the meatballs into the boiling mixture, cook over low-medium heat for about 20 minutes.
- # Serve hot.

**Note:** Loluk is a popular recipe of Malatya region. You must not wash the cracked wheat to keep the shapes of the meatballs after cooking.