



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

Meatballs with Begendi

Beğendili Köfte



26.5 ounces ground meat
3 slices of stale bread
1 big onion
1 egg
1 small potato
1 tsp cumin
1 tsp black pepper
1 + 1/2 tsp salt
1 tsp pepper paste

For Begendi:
3 aubergines, for roasting
3 cups milk
3 tbsp butter
3 tbsp flour
1/2 tsp black pepper
1 tsp salt

- # You should prepare the begendi at first. Roast the aubergines over low heat by reversing them constantly.
- # Peel them while they are still hot by the help of a knife, chop finely.
- # Put the butter and the flour into a small pot. Roast over low heat until it turns to pink. When the flour turns to pink, add 3 cups milk slowly, mix. Add black pepper and salt, cook for few minutes more and remove from the stove.
- # Put the crumbs into the bowl, grate the onion on it, and add salt. Knead for softening the crumbs.
- # Add ground meat, egg, grated potato, cumin, black pepper, salt and pepper paste, knead for 10 minutes.
- # After kneading, refrigerate it for 1 hour at least.
- # Pick walnut sized pieces from the rested mixture, roll them and grill.
- # If the begendi is cool, make it tepid and place into the plates. Place the meatballs on the begendis on the plates, serve hot.

Note: You can pour hot oil all over the meatballs while serving.