



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

Bread Balls

Ekmek Kftesi



10 stale bread slices
2 eggs
1 onion, big size
1 + 1/2 cup milk
1 tbsp flour
3 tbsp vegetable oil
1/4 tsp black pepper
1/2 tsp salt
8-10 parsley stems (sliced)

- # Slice the onion and roast in the oil.
- # By this way boil the milk and parsley.
- # Put the stale bread slices in a deep bowl. Add roasted onion, boiled milk with parsley, eggs, salt, black pepper and mix.
- # Let the mixture stand for about 15-20 minutes.
- # Add flour and make dough.
- # Make lemon sized balls with the help of your wet hands.
- # Boil 5 cup water with 1 pinch salt.
- # Add the bread balls into the boiling water, boil for about 20 minutes.
- # And then fry the balls with some oil.
- # Serve the bread balls with the meat meals.

Note: This is a German recipe.