



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

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## Stuffed Veal Balls

İçli Köfte



7 ounces ground veal, fatless  
2.5 Cup thin bulgur  
1 big onion  
2 - 3 tbsp flour  
1.5 tbsp salt  
1/2 tsp black pepper  
1/2 tsp crushed red pepper

For Stuffing;  
5.3 ounces ground meat, low-fat  
1 big onion  
1/3 cup thickly pounded walnut  
1/6 cup pistachio  
1 tsp salt  
1/2 tsp black pepper  
1/2 tsp crushed red pepper  
1/2 tsp allspice  
10 - 15 stems of parsley  
2 tbsp vegetable oil

For Frying;  
Vegetable oil

- # Prepare the stuffing at first. Fry the ground meat with 2 tbsp vegetable oil over medium heat. When the ground meat starts to become watery, add the diced onions, cook until the onion softens.
- # Add thickly pounded walnut, pistachio, salt, black pepper, allspice, crushed red pepper and finely sliced parsley in it, and remove it from the stove. For keeping the vapour in the pot, cover the lid on and let it cool down.
- # When the stuffing cools down, prepare the covering of the meatballs. Put the bulgur onto a tray (bulgur must be dry). Make a pool in the middle of bulgur, put grated onions, black pepper, crushed red pepper, salt, 1/3 cup flour in it.
- # Knead all the ingredients until smoothen the mixture. For reaching to the right consistency add the flour and the water little by little.
- # Add the fatless ground veal into the smooth mixture, knead the mixture for about 8-10 minutes.
- # Pick half lemon sized pieces, roll them between your palms. Make a hole in the meatball by turning it around your forefinger.
- # Fill the stuffing into the hole, but don't put too much, and let a space on the end for closing the ends.
- # Reverse it between your palms and constrict the ends and close them. The meatballs will get a shape as football.
- # Prepare all the meatballs by the same way. Fry them in hot oil with pink colour and without drying them, and place them on paper towel.
- # Serve warm.

Note: "Stuffed veal meatballs" is the delicious honouring food of Southern and Southern-East regions of Turkey.