



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

Ihbeysi

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2 onions
1 + 1/2 tbsp tomato paste
1 tbsp flour
7 cups water
1/2 cup vegetable oil
Juice of a lemon
4 garlic cloves
1 tsp salt

For the Meatballs:
12 ounces ground meat
1 cup bulgur, thin type
1 tsp salt
1/2 tsp black pepper
1/2 tsp crushed red pepper

For Upper Side:
8 - 10 stems of parsley

- # Add dry bulgur, salt, black pepper and crushed red pepper onto the ground meat, knead the mixture at least for 10 minutes, by wetting your hands time to time, until the mixture turns to homogenous totally.
- # Pick chickpea sized pieces from the prepared mixture, and roll them.
- # Put 1/3 cup vegetable oil into a large skillet, and place the skillet over high heat. When the oil turns to hot, add the meatballs in it. Fry the meatballs with light pink color by shaking the skillet time to time.
- # Remove the fried meatballs from the skillet. Put the remaining 1/6 cup of vegetable oil into the same skillet.
- # When the vegetable oil turns to hot over medium heat, add finely diced onion in it. When the onion turns to transparent, add tomato paste and flour in it. Sauté the mixture for about 1-2 minutes.
- # Then sprinkle salt all over and add 7 cups of hot water. When the mixture reaches to the boiling temperature, add the fried meatballs in it.
- # Cover the lid of the pot, and cook the soup over medium heat for 15 minutes. Then, add the crushed garlic and lemon juice in it. A few minutes later, remove the pot from the stove.
- # Serve the ihbeysi soup hot. Sprinkle finely sliced parsley all over the soups.

Note: Dry bulgur is used in all the meatballs, which are prepared in Adana city as ihbeysi soup. Bulgur is wasted to the air just before using it, to aerate it.