



## ● STUFFED MEATBALLS

- Ingredients 700 grams minced meat salt 300 grams fine bulgur (cracked wheat) pepper 1 egg 50 grams crushed walnuts 1 teaspoon cummin 20 grams pine nuts 1 teaspoon cayenne pepper 20 grams currants 1 bunch parsle 3 onions 20 grams margarine 220 grams vegetable oil
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- Kaynak :  
<https://www.yemek-tarifi.info/english/icli-kofte-stuffed-meatballs/>





Boil bulgur in plenty of water until soft. Drain and set aside. Melt margarine and lightly brown chopped onions and pine nuts. Add 350 grams of meat and saute until juices evaporate. Remove from heat. Add pepper, salt, cummin, crushed walnuts, currants and chopped parsley. Mix. In a large bowl, combine the remainder of meat with the bulgur. Add cayenne pepper and egg. Mix and knead well. Take a large walnut sized piece of mixture and roll into a ball. With index finger, make a hole and push the inside, making a large cavity. Stuff the cavity with the meat mixture, press hole with fingers to close. Lightly press meatball in palm of hand to shape like an egg. Repeat procedure, making as many meatballs as possible. Add meatballs to salted boiling water and boil for 5 minutes. Remove and drain on absorbent paper. Heat oil in frypan and lightly fry meatballs until golden brown. Drain and serve.

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## what can be done to beautify

- pouring lemon
- slice
- Sprinkling pistachios
- pouring butter
- pour yogurt
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- now he is ready to eat

