

Kofte (Turkish meatballs)

1 lb of ground meat (10-20% fat ideally)

1/2 cup of bread crumbs (Italian style is a nice touch)

1 egg (if you make more than 1 lb of ground beef I usually never add more than 2 eggs total)

medium onion (shredded with the ~1cm round holes)

tbsp dry parsley or about 1/4 cup fresh chopped parsley

tsp. salt (extra to taste)

1/2 tsp black pepper - I prefer freshly cracked (or to taste)

1/2 - 1 tsp. cumin (depending on how much you like that flavor)

Olive oil (just a small dash; more if you buy lower fat ground beef)

Warm the ground beef to room temperature so you don't freeze your hands later on.



A recipe from Dan Delcollo's web site

www.delcollo.us/recipeindex.html

Gather your ingredients and shred the onion

Onion shredding works best when you cut the top off of the onion to peel it, but leave the bottom (root tips side) on the onion to help hold the onion together as you shred it. This is sometimes a very juicy and tear inducing experience.

Knead it all together in a large mixing bowl using your hands (fun part). Really dig in and squish it with your fingers

Make patties into any shape or form you like

Cooking Methods

(1) Grill on BBQ over medium heat for about 5 minutes per side depending on the temperature of the meat (this smell will drive your neighbors wild and will bring them over for a visit)



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(2) Layer a Lasagna pan with olive oil. Add fresh cut tomatoes (thick round slices) about 1-1.5cm wide. Add a layer of either boiled sliced potatoes (for shorter cooking time) or raw uncooked potatoes. Bake at 350°F for about 30 minutes if previously boiled or 60 minutes if not previously boiled (this may overcook the kofte some; so you may want to take them out after 30-45 minutes. (Rhonda's favorite way to cook it because it seems healthy - especially with the tomatoes and extra olive oil)

(3) Fry in a thin layer of olive oil in a frying pan medium heat about 3-5 minutes per side. (the way my mom used to make it, but the messiest and my least favorite way).



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