

Çiğ Köfte (*Bulgur Patties a.k.a. Raw Meatballs without meat*) (V) (GF)

Ingredients

250gr. (2 cups) of **fine-ground bulgur**¹
65gr. ($\frac{2}{3}$ cup) ground walnuts (optional)
1 small white onion, grated
3 cloves of garlic, minced finely
1 tablespoon tomato paste
4 tablespoon red pepper paste (not-spicy)
3 teaspoons salt
3 teaspoon **Turkish red pepper flakes**²
1 teaspoon cayenne pepper
1 tablespoon **isot**³ (black colored smoky pepper flakes)
2 tablespoon olive oil
As needed boiled water
2-3 sprigs scallions
1 bunch flat-leaf parsley, finely chopped
1 whole iceberg or romaine lettuce leaves
1 juice of lemon
4-5 tablespoons of **pomegranate sour***

Procedure

- In a large tray combine the fine-ground bulgur and walnuts. Take a large bowl and combine the onion, garlic, tomato paste, red pepper paste, salt, red pepper flakes, cayenne pepper, isot and olive oil. Mix until you achieve a homogenous mixture.
- Into this add the bulgur-walnut mix and start kneading as if kneading bread dough. While doing this, add a few tablespoons of boiled water and continue kneading. Add more water as needed, until the bulgur has softened and the whole mixture comes together and well incorporated.
- Taste the mixture and adjust the seasonings. Add scallions and parsley, mix well.
- Take walnut sized pieces and either squeeze in your hand or roll into balls and place on iceberg or romaine lettuce leaves. Serve with lemon juice and pomegranate sour on top.

- 1) *Fine-ground bulgur: Fine-ground bulgur, also known as "köftelik bulgur" can be found in any supermarkets or smaller grocery stores called "bakkal" in any neighborhood or major towns. They are usually sold in 1 kg (≈2lbs.) packs.*
- 2) *Turkish red pepper flakes: "Pul biber" in Turkish is the typical red pepper flakes used in Turkish cooking. It can be purchased from any supermarket or smaller stores. They usually come in smaller packs of 40gr. (≈1.4 oz.) to 175gr. (≈6 oz.). It can also be found in the Spice Market area. "Ayfer Kaur" is my spice shop of choice and they can also vacuum pack it.*
- 3) *Isot: "Isot" is a type of red pepper that turns black as it dries under the sun and therefore gets a smokier flavor than the regular red pepper flakes. Just like the red pepper flakes "isot" can be found in type of grocery store or in the Spice Market shops.*

4) Pomegranate sour: This can be purchased from any size market. They are labeled as either "Nar Ekşili Sos" which is actually the pomegranate dressing; it is usually a bit runnier and can be used in salads. The "Nar Ekşisi" which is the actual pomegranate sour is thicker and can be used in cooking as well as in salads as a dressing thinned down with a little bit of lemon juice or any type of vinegar. In this recipe you can use either one.