

## **İçli Köfte** (*Meatballs in a cracked wheat shell*)

### Ingredients:

250 gr. (8.8 oz.) A mixture of ground beef and lamb (If preferred just beef can be used)  
500 gr. (17.6 oz.) **Fine-ground bulgur**<sup>1</sup>  
50 gr. (1.76 oz.) Semolina  
100 gr. (3.5 oz.) Butter  
50 gr. (1.76 oz.) Walnuts, coarsely chopped  
¼ bunch Fresh mint, coarsely chopped  
¼ bunch Fresh flat-leaf parsley, coarsely chopped  
1 Potato, boiled, peeled and passed through a ricer  
1 Onion, finely chopped  
4 Cloves garlic, peeled and finely chopped  
2 teaspoon **Turkish red pepper flakes** <sup>2</sup>  
1 teaspoon Cumin  
2 teaspoon Salt  
1 teaspoon Black pepper  
Oil of preference for frying

### Instructions:

- Combine the bulgur and semolina in a large bowl and add enough water to cover. Keep for 30 minutes until the bulgur and semolina has soaked up all the liquid.
- Melt the butter in a pan, add the garlic, start sautéing then add onions and continue for 2-3 minutes. Finely add the ground meat mixture. Continue sautéing until all the liquid has evaporated.
- Add the crushed walnuts, black pepper, 1 tsp. salt, paprika and cumin. Cook for another 2-3 minutes then take off the heat. Set aside to cool.
- Once the stuffing is cooled add the chopped parsley and mint.
- To make the shell, add the potatoes and 1 tsp. of salt into the bulgur mixture, add water little by little until it comes together like dough. Knead it to make it smooth.
- To shape the *köftes*, wet the palms of your hands, take a piece of dough, a little bit bigger than a walnut, roll into a ball and press from one side to make hollow within the dough. Continue digging until you have a large enough hollow for the meat mixture. Then fill the hole with 1 tbsp. of meat mixture (this can be adjusted based on the size of the hole), then start rolling until the stuffing is completely enclosed within the dough. While doing this make sure to keep your hands moist by dipping them in a bowl of water.
- Apply the same technique to the rest of the ingredients.
- Once they are all finished, heat your oil to 185 C (365 F). Fry all the *köftes*, until they turn golden brown about 3-4 minutes, then take out onto a platter lined with paper towel.
- Serve while crispy and hot.

- 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.*