

Köfte & Piyaz (*Grilled Ground Beef Patties and White Kidney Bean Salad*)

Ingredients:

For the Beef Patties:

½ lbs. Ground beef (For more flavour you can use half beef and half lamb)
1 White onion, grated and juice squeezed
1 tsp. Salt
1 tsp. Black pepper
½ bunch Flat-leaf parsley, finely chopped
1 tbsp. Olive oil

For the white bean salad:

5 oz. Dried white kidney beans
2 White onion, 1 sliced thinly, 1 cut in quarters
½ bunch Flat leaf parsley, chopped
3 tbsp. Olive oil
4 tbsp. Grape vinegar or lemon juice
2 tsp. Salt
1 tomato, seeded and cut into small dice

To serve:

Turkish red pepper flakes¹

Instructions:

- Soak the white kidney beans over night or for 8 hours.
- The next morning, combine the beans, quartered onions and enough water to cover and cook until softened. Just before taking off from the heat add 1 tsp. of salt. Strain and set aside to cool completely.
- Place the sliced onions in a colander, toss with 1 tsp. of salt and wash under running water then squeeze the excess juice and set it aside.
- Mix the beans with parsley, onions and tomatoes. Dress with olive oil and vinegar. Set aside to marinate.
- In a bowl combine all the beef patty ingredients except olive oil. Make beef patties that are plump and half the size of hamburgers.
- Heat the grill or pan until smoky, then brush with olive oil.
- Cook the beef patties on both sides, until the outside is crunchy but the inside remains juicy.
- Serve the grilled beef patties with white kidney salad and crusty bread.

1) *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.*