

Kadinbudu Köfte**(TURKISH)**

**Ingredients**

* Oil — 2 tablespoons
* Onion, finely chopped — 1
* Ground beef or lamb — 1 pound
* Cooked rice — 1/2 cup
* Parsley, finely chopped — 1/4 cup
* Cumin — 2 teaspoons
* Salt and pepper — to season
* Flour — 1/2 cup
* Eggs, beaten — 2
* Oil for frying

**Method**

* Heat the 2 tablespoons of oil over medium-high flame in a skillet. Add the onion and saute until translucent, 3 or 4 minutes. Then add half of the ground beef or lamb and cook, breaking it up with a spatula, until the meat is cooked through. Remove the meat and onions to a large bowl.
* After the meat has cooled down, add the remaining raw meat, cooked rice, parsley and salt and pepper to season. Mix all the ingredients together well, kneading the mass with your hands until it is fairly smooth. Set in the refrigerator to chill for at least 30 minutes. This will make the meat easier to handle.
* After the meat has chilled, use wetted hands to form the meat into egg-shaped meatballs, and flatten each slightly with your palms.
* Preheat about 1/4 inch of oil in a large skillet over medium flame. Place the flour in one bowl and the beaten eggs in another. Dip each meatball first in the flour, then in the egg.
* Fry the meatballs in batches in the hot oil and cook on each side until lightly browned and cooked through, 4 to 6 minutes. Remove the cooked meatballs to a paper towel-lined plate and hold in a warm oven while you cook the rest. Serve hot with a side salad.