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| Sarımsaklı bulgur köftesi  Bulgur Kofte (meatballs) with garlic tomato sauce  for the meatballs : 1 cup bulgur (fine cracked wheat) 1 cup warm water 1 egg 1/2 tblsp redpepper paste (\*see note) 1 tsp cumin 1 cup flour 1 tsp salt 1 tsp black pepper 1/2 tsp chilli flakes or paprika  for the sauce: 4-5 tblsp olive or vegetable oil 12 galic cloves 1 tblsp red pepper paste 2 tomatoes cut into small cubes 1 tblsp tomato paste salt, pepper and paprika to taste  In a bowl, put the bulgur and add to t the 1 cup of warm water and leave for 15 inutes Bulgur will absorb the water and then start kneading the bulgur with your hands for 10 minutes wetting your hands with cold water every now and then. Add salt, pepper, paprika, and redpepper paste and mix all with your hands then add the flour bit by bit till you get a soft dough (it will be sticky so you will have to wet your hands every now and then)  Form the dough into small hazelnut-sized balls (smaller than the ones in the picture )then press it in the middle a little with the tip of your finger. Place another bowl with water next to you because you will have to wet your hands with water between every other ball. Place the small balls in a tray.  Now bring a deep cooking pan and half-fill it with water and boil the water adding to it some salt. When water boils, add the meatballs and leave boiling on the stove uncovered for 15 minutes.  When done, lift from water and drain in a seive and reserve 2 cups of the boiling water for the sauce.  For the sauce: in a cooking pan over medium heat add your oil and the crushed garlic and stir for a couple of minutes. Add red pepper paste, tomato cubes and tomato paste and stir for 2 minutes. Add the meat balls and again stir for few minutes then add the water you reserved earlier till you cover the meatballs and once it boils lower the heat and cover and leave to cook for 5 minutes.   \* Red pepper paste: here they seel red pepper paste in jars, if you can find it use it. If you can't or it was not available at your home, roast a couple of big red peppers like the one in the picture, peel them and remove the seeds then wizz them up in the food processor and use.  — with Dalia Mostafa Moussa. |