

meatballs with pine nuts and cinnamon

There are a number of different types of meatball in the Turkish kitchen. Falling under the generic name *köfte*, they are generally made from lamb or beef, although some contain chicken, and they are shaped into round balls or plump ovals.

- 1 In a bowl, pound the lamb with the onion, garlic and cinnamon. Knead with your hands and knock out the air, then add the pine nuts with the currants, red pepper or paprika, breadcrumbs, egg and ketchup. Season with salt and pepper.
- 2 Finely chop the herbs, reserving 1–2 sprigs of parsley for the garnish, and knead into the mixture, making sure all the ingredients are mixed well together.
- 3 Take apricot-size portions of the mixture in your hands and roll into balls. Flatten each ball so that it resembles a thick disc, then coat lightly in the flour.
- 4 Heat a thin layer of oil in a heavy pan. Add the meatballs and cook for 8–10 minutes, until browned on all sides. Remove with a slotted spoon and drain on kitchen paper. Serve hot with lemon wedges and garnish with parsley.



250g/9oz/generous 1 cup lean minced (ground) lamb

1 onion, finely chopped

2 garlic cloves, crushed

10–15ml/2–3 tsp ground cinnamon

30ml/2 tbsp pine nuts

30ml/2 tbsp currants, soaked in warm water for 5–10 minutes and drained

5ml/1 tsp Turkish red pepper or paprika

2 slices of day-old white or brown bread, ground into crumbs

1 egg, lightly beaten

15ml/1 tbsp tomato ketchup

1 bunch each of fresh flat leaf parsley and dill

60ml/4 tbsp plain (all-purpose) flour

sunflower oil, for shallow frying

salt and ground black pepper

lemon wedges, to serve

SERVES 4–6

meatballs to go Omit the currants and pine nuts and add 5ml/1 tsp ground cumin and 1 chopped fresh hot chilli. Shape into small balls, cook as above for 5–6 minutes, then tuck into toasted pitta bread pockets with sliced red onion, chopped flat leaf parsley and garlic-flavoured yogurt.



per portion Energy 261kcal/1088kJ; Protein 11.4g; Carbohydrate 15.4g, of which sugars 5.2g; Fat 17.5g, of which saturates 4g; Cholesterol 64mg; Calcium 40mg; Fibre 0.7g; Sodium 129mg.