

Dalyan Meatballs

Traditional Turkish Dalyan Meatballs - a savory baked ground beef loaf stuffed with vegetables. Easy family dinner recipe ready in 65 minutes.

30 min

PREP

35 min

COOK

1h 5min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

Ingredients

- 1.1 lb ground beef
- 1 slice crumb
- 9 sprig parsley
- 1 onion
- 2 potato
- 2 carrot
- 1 egg
- 0.5 tbsp salt
- 0.25 tsp black pepper

Instructions

- 1 Prepare the vegetables**

Peel and dice the potatoes and carrots into 1-inch pieces. Bring a pot of salted water to boil over high heat.
- 2** Add the diced vegetables to the boiling water and cook for 8-10 minutes until fork-tender but still firm. Drain and set aside to cool.
- 3 Make the meat mixture**

Tear the bread slice into small pieces and soak in water for 2 minutes, then squeeze out excess water. Finely chop the 9 sprigs of parsley.
- 4** In a large bowl, combine 1.1 pounds ground beef, the soaked bread, chopped parsley, 1 egg, 2 grated onions, 1/2 tablespoon salt, and 1/4 teaspoon black pepper.

- 5 Knead the mixture vigorously with your hands for 8-10 minutes until it becomes sticky and holds together well. Refrigerate for 30 minutes to firm up.
- 6 **Shape and stuff**
Preheat oven to 375°F (190°C). Grease a baking tray with oil.
- 7 With wet hands, shape the chilled meat mixture into a 12-inch long cylinder on the prepared baking tray.
- 8 Using your finger, create a deep groove down the center of the meat cylinder. Fill the groove with the cooked vegetables, pressing them in gently.
- 9 Carefully fold the meat over the vegetables and pinch the edges together to seal completely. Smooth the surface and ensure the seam is on the bottom.
- 10 **Bake**
Brush the surface lightly with oil and bake for 35-40 minutes until golden brown and the internal temperature reaches 160°F (71°C).
- 11 Let rest for 10 minutes, then slice into 1-inch thick rounds with a sharp knife and serve.

Tips

Soak the bread slice in milk or water for 5 minutes before adding to the meat mixture for optimal moisture retention.

Chill the shaped meatball loaf for 30 minutes before baking to help it hold its shape during cooking.

Line your baking tray with parchment paper for easy cleanup and to prevent sticking.

Let the cooked meatballs rest for 10 minutes before slicing to allow juices to redistribute and prevent crumbling.

Use a sharp knife dipped in warm water between cuts for clean, professional-looking slices.

Double-check that vegetables are fork-tender before stuffing, as undercooked vegetables won't finish properly in the oven.

Brush the surface lightly with olive oil before baking for an extra golden, appetizing finish.

Make shallow diagonal scores on top of the loaf before baking to create an attractive pattern and prevent cracking.