

Ekşili Köfte

Traditional Turkish Ekşili Köfte with bulgur and beef in tangy broth. Easy 80-minute recipe with chickpeas, tomato paste, and fresh herbs.

30	50	80	4	Medium
HAZIRLIK DK	PİŞİRME DK	TOPLAM DK	PORSİYON	ZORLUK

Ekşili Köfte

Malzemeler

- 1.1 lb stew meat
- 0.5 cup chickpea
- 1 cup cracked wheat
- 1 tbsp tomato paste
- 0.5 tbsp pepper paste
- 2 tbsp flour
- 2 tbsp butter
- 0.5 lemon
- 0.5 tbsp dry mint
- 0.5 tbsp salt

Yapılış

- Cook the meat and chickpeas**

Place 1.1 lb beef and 0.5 cup chickpeas in a pressure cooker and cover with water by 2 inches. Cook under high pressure for 35-40 minutes until the beef shreds easily with a fork and chickpeas are tender. Reserve 4-5 cups of the cooking liquid and set the cooked meat and chickpeas aside.
- Prepare the bulgur**

Place 1 cup bulgur in a large bowl and pour 1 cup of warm water over it. Let stand for 15 minutes until the bulgur has absorbed the water and is soft to the touch.
- Make the meatball mixture**

Add 1 tablespoon tomato paste, 0.5 tablespoon salt, 0.5 tablespoon black pepper, and 2 tablespoons flour to the soaked bulgur. Knead with your hands for 3-4 minutes until the mixture holds together when squeezed and feels smooth.
- Form the meatballs**

Wet your hands with cold water and roll the bulgur mixture into walnut-sized balls, about 1 inch in diameter. Place them on a plate and set aside.
- Cook the meatballs**

Bring the reserved cooking liquid to a gentle simmer over medium heat. Carefully drop the meatballs into the simmering liquid one by one. Cook for 15-18 minutes until the meatballs float to the surface and feel firm when gently pressed.

6 Prepare the flavor paste

Heat 2 tablespoons butter in a small skillet over medium heat until melted. Add the remaining 2 tablespoons tomato paste and stir constantly for 2-3 minutes until the paste darkens and becomes fragrant.

7 Finish and serve

Stir the tomato paste mixture into the pot with the meatballs. Add the cooked beef and chickpeas back to the pot. Season with 0.5 onion (finely minced) and simmer for 5 minutes until heated through. Taste and adjust salt as needed before serving hot.

?puçlar?

Soak the bulgur in warm water rather than cold to help it soften more quickly and evenly, which will result in better-textured meatballs.

When forming the meatballs, wet your hands slightly to prevent the mixture from sticking and to create smoother, more uniform köfte.

Don't skip the resting time for the bulgur mixture - this allows the bulgur to fully absorb the liquid and makes the meatballs easier to shape and less likely to fall apart.

Add the meatballs to gently simmering, not rapidly boiling, broth to prevent them from breaking apart during cooking.

Sauté the tomato paste until it darkens slightly before adding it to the soup - this removes the raw taste and develops deeper flavors.

Add the fresh lemon juice and herbs at the very end to preserve their bright, fresh flavors and prevent the lemon from making the soup too acidic.

If your meatballs are falling apart, add a tablespoon of flour to the mixture to help bind them together.

For extra flavor, brown the meat slightly before adding it to the pressure cooker with the chickpeas.