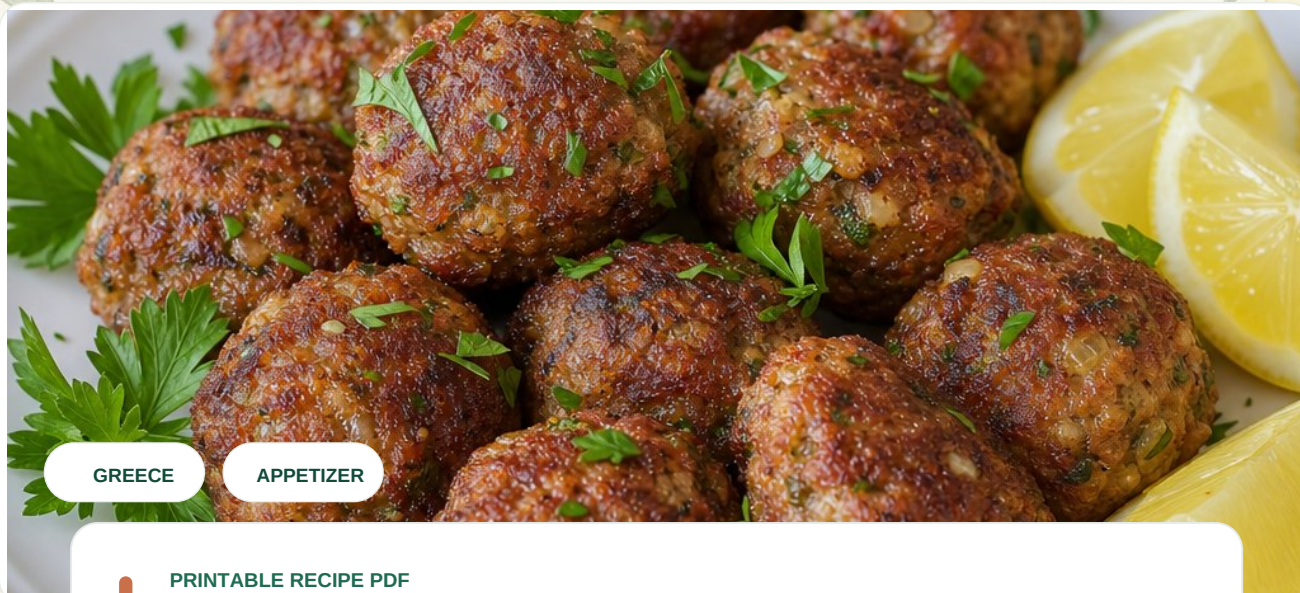




GREECE

APPETIZER

PRINTABLE RECIPE PDF

Greek Keftedes

Keftedes are a beloved Greek appetizer, often enjoyed at meze tables or as a street food snack. Each region in Greece has its own way of preparing them, with

PREP

20 min

COOK

15 min

SERVINGS

2

DIFFICULTY

Intermediate

SHOPPING LIST

Ingredients

- 250 g ground beef - preferably lean
- 250 g ground pork - for moisture and flavor
- 1 large onion - finely chopped
- 2 cloves garlic - minced
- 1/4 cup fresh mint - finely chopped
- 1/4 cup fresh parsley - finely chopped
- 1 tsp dried oregano
- 1 large egg - beaten
- 1/2 cup bread crumbs - preferably from stale bread
- 1/2 tsp salt - or to taste
- 1/4 tsp black pepper - freshly ground
- 1/4 cup olive oil - for frying
- 1 lemon cut into wedges - for serving

WHY THIS WORKS

About this recipe

A printable Greek Keftedes recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Keftedes are a beloved Greek appetizer, often enjoyed at meze tables or as a street food snack. Each region in Greece has its own way of preparing them, with variations in spices and herbs reflecting local flavors.

METHOD

Step-by-step instructions

1

In a large mixing bowl, combine the ground beef, ground pork, chopped onion, minced garlic, mint, parsley, oregano, beaten egg, bread crumbs, salt, and black pepper.

2

Mix the ingredients well using your hands until fully combined, then cover with plastic wrap and refrigerate for at least 30 minutes to allow the flavors to meld.

3

After chilling, shape the mixture into small balls or patties, about the size of a golf ball.

4

Heat the olive oil in a large skillet over medium heat. Once hot, add the keftedes in batches, being careful not to overcrowd the pan.

5

Fry the keftedes for about 5-7 minutes on each side, or until they are golden brown and cooked through.

6

Remove from the skillet and drain on paper towels to absorb excess oil.

7

Serve the keftedes hot, garnished with lemon wedges for squeezing.

CHEF'S TIP

For an extra depth of flavor, try adding a teaspoon of allspice or cinnamon to the meat mixture.

NUTRITION PER SERVING (EST.)

Calories	400 kcal	Fat	24 g
Protein	28 g	Fiber	2 g
Carbohydrates	20 g	Sodium	600 mg

SERVING SUGGESTION

Pair with tzatziki sauce or a side of Greek salad for a refreshing contrast.

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