



TURKEY

DINNER

PRINTABLE RECIPE PDF

Turkish Köfte

Köfte, a beloved Turkish dish, consists of seasoned ground meat, typically beef or lamb, shaped into patties or kebabs. This dish has ancient roots, originating from

PREP

20 min

COOK

40 min

SERVINGS

4

DIFFICULTY

Medium

SHOPPING LIST

Ingredients

- 500 grams ground beef or lamb
- 1 medium onion - finely grated
- 2 cloves garlic - minced
- 1/2 cup fresh parsley - chopped
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt
- 1 large egg - lightly beaten
- 1/2 cup breadcrumbs
- 3 tablespoons olive oil - for frying

WHY THIS WORKS

About this recipe

A printable Turkish Köfte recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Köfte, a beloved Turkish dish, consists of seasoned ground meat, typically beef or lamb, shaped into patties or kebabs. This dish has ancient roots, originating from the Ottoman Empire, and is enjoyed across the Middle East

ORIGIN & TRADITION

Mediterranean context

Köfte, a beloved Turkish dish, consists of seasoned ground meat, typically beef or lamb, shaped into patties or kebabs. This dish has ancient roots, originating from the Ottoman Empire, and is enjoyed across the Middle East and Mediterranean regions, often served during gatherings and celebrations.

METHOD

Step-by-step instructions

1

In a large mixing bowl, combine the ground meat, grated onion, minced garlic, chopped parsley, ground cumin, paprika, black pepper, salt, beaten egg, and breadcrumbs. Mix well until all ingredients are fully integrated.

2

Shape the mixture into small oval-shaped patties or kebabs. Heat olive oil in a skillet over medium heat and cook the köfte for about 5-7 minutes on each side or until browned and cooked through. Serve hot.

CHEF'S TIP

Always let the köfte rest for a few minutes before serving to enhance the flavors and juiciness.

NUTRITION PER SERVING (EST.)

Calories	350 kcal	Fat	20 g
Protein	25 g	Fiber	1 g
Carbohydrates	20 g	Sodium	600 mg

SERVING SUGGESTION

Serve the köfte with a side of rice pilaf, fresh salad, and a dollop of yogurt, accompanied by warm pita bread.

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