

Cızbız Köfte

Sizzling grilled meatballs

These meatballs get their name from the sizzling sound they make as the melting fat drips from the meat on to the hot embers of the barbecue. Make sure the embers are hot and brush the grill generously with oil before cooking.

Serves 4-6

Preparation time - 20 minutes

Cooking time - 10 minutes

2 slices of stale bread, soaked in water and squeezed dry

450g/1lb minced beef or lamb

1 medium onion, grated

2 garlic cloves, crushed with salt

1 teaspoon ground cumin

2 teaspoon salt

freshly ground black pepper

1 teaspoon bicarbonate of soda

parsley to garnish

Discard the crusts of the bread and crumble the rest into a bowl. Add all the other ingredients and knead well until the mixture resembles a soft dough.

With wet hands take a piece the size of a walnut, roll into a ball and then slightly flatten. Continue until all the mixture is used. They can now be covered and stored in the fridge until required.

Grill until brown on both sides.

Serve garnished with parsley.