Glorik (Van bulgur meatballs with garlic yoghurt)

Whole recipe

Ingredients

500 g	Ground beef
150 g	Bulgur 1¼ glass
7 g	Basil
300 g	Onion 2¾ pc
50 g	Egg 1 pc
15 g	Tomato paste 1 tbsp
5 g	Salt ¾ tsp
10 g	Red pepper flakes 1¾ tbsp
13.7 g	Olive oil 1 tbsp
200 g	Yogurt 1 glass
9 g	Garlic 3 clove

Allergens

Allergen information is not complete yet. Worked out from the ingredients. It does not cover contact in your kitchen.

Method

1. In a pot combine the bulgur, minced meat, egg, basil and salt. Add half of the onion, diced, with half of the chili flakes and knead for 5 minutes.
   5 min
2. In a separate pot, fry the remaining chopped onion in the olive oil until pink. Add the tomato paste and the remaining chili flakes and stir.
3. Fill the pot halfway with water. When it boils, roll the kneaded mixture into small balls, drop them in and cook for 25 minutes.
   25 min
4. Mix the yoghurt with the garlic and pour it over the meatballs on the serving plate.

Last changed: November 1, 2026
Zihni Yıldırım, B., Yılmaz, İ., Van Mutfağına Özgü Bazı Yöresel Yemekler (2023)
tatname.com/en/tarif/glorik-van-zihni-yilmaz-2023