İşli köfte (boiled bulgur shell dumplings with minced meat and walnut filling, Mersin)

Serves 4

Ingredients

250 g	Ground beef
500 g	Ground beef
750 g	Bulgur 6¼ glass
150 g	Wheat flour 1½ glass
50 g	Pepper paste
220 g	Onion 2 pc
5 g	Ground black pepper ¾ tbsp
5 g	Ground cumin
60 g	Parsley 1¼ glass
250 g	Walnut 2½ glass
5 g	Ground cinnamon ¾ tbsp
5 g	Salt ¾ tsp
1 kg	Water 5 glass

Allergens

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

Method

1. Fry the medium-fat mince over low heat with very little water and add the finely chopped onion.
2. When the onions have fried a little, add black pepper, cinnamon and salt and keep frying; stir in the coarsely crushed walnuts.
3. Turn off the heat, add the finely chopped parsley and set the filling aside to cool.
4. Knead the fine bulgur with pepper paste, cumin and black pepper, adding water little by little; then add the lean mince and the flour and keep kneading.
5. Tear off a small piece of the mixture and toss it quickly into the kneading bowl; if it does not break apart, it is ready.
6. Pull off egg-sized pieces from the mixture, dip your hand in water now and then and hollow each piece out with thumb and forefinger.
7. Put some of the cooled filling inside and close it, turning it in your palm to give it an egg shape.
8. Line the dumplings on a tray lightly sprinkled with flour without letting them touch, and shake the tray gently.
9. Salt boiling water and drop the dumplings in; the ones that rise to the surface are cooked. Serve hot.

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