Kaman besmeç (bulgur and beef patties)

Whole recipe

Ingredients

1 kg	Ground beef
850 g	Bulgur 7¼ glass
220 g	Onion 2 pc
50 g	Tomato paste 3 tbsp
5 g	Ground black pepper ¾ tbsp
5 g	Salt ¾ tsp
100 g	Water ½ glass
45.6 g	Olive oil ¼ glass

Allergens

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

Method

1. Grate the onions. Mix them with the bulgur and water in a bowl and knead.
   5 min
2. Add the mince, tomato paste, salt and black pepper. Keep kneading until the bulgur softens.
   25 min
3. Take pieces of the mixture and press them in your palm into flat patties, 6-8 cm across and 1.5 cm thick.
4. Cook the patties in olive oil on a griddle or pan over medium heat, turning them. Serve hot.
   6 min

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