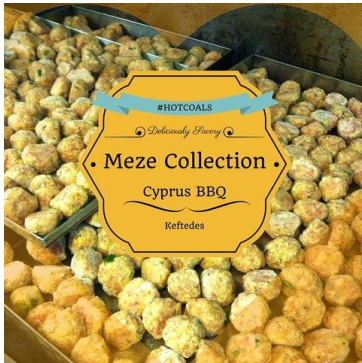


Cyprus BBQ's Meze Collection - #5 Keftedes

A traditional Cypriot staple, a wonderfully savoury Keftedes.



Ingredients

4 x Slices of white bread. (no crusts)

2 x Table Spoons Milk.

1 x Clove garlic.

1 x Onion

4 x Table spoons salt

1 x Table spoon salt

Ground black pepper

230g Ground Beef.

230g Ground Lamb.

4 x Eggs.

60g White flour.

Olive Oil.

Method

Tear up the bread into chunks & place in milk. Finely chop the garlic & onion and to the bowl with milk & bread. Add in the beef, lamb, & eggs. Mix together well with hands.

Roll the mixture into 3/4 cm balls. Put flour in a shallow pan & roll Keftedes balls in flour to coat. Shake off any excess flour, and use a plate or baking sheet and flatten slightly.

Fry on a large skillet or frying pan over a medium heat. Cook until brown. Ensure Keftedes are not pink in the middle and drain oil by resting on kitchen paper.

We recommend serving them with pitta & [Talatouri](#), a Cypriot version of Tzatziki

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