TURKISH · DINNER · LUNCH

Akçaabat Köfte (Trabzon Grilled Beef Meatballs)

Akçaabat Köfte

50 min · Serves 6 · 495 kcal a serve · Video 10:20 in Turkish · Harun Aksu

No dairy listed · No nuts listed

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42 g protein and 15 g net carbs a serve: freshly ground beef köfte with just a little stale bread as binder, grilled over charcoal and served with grilled peppers and tomatoes.

Ingredients 6 · SERVES 6

- [ ] 500 g **beef rib meat** (dana kaburga), 600 g beef shoulder (dana kol) and 100 g caul fat or suet, minced together
- [ ] 150 g **stale white bread**
- [ ] 4 cloves **garlic** (7–8 g)
- [ ] 15 g (1½ tatlı kaşığı) **salt**
- [ ] 3 **tomatoes**, halved and grilled, to serve
- [ ] 6 **long green peppers** (sivri biber), grilled, to serve

Allergens found in the listed ingredients: Gluten. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Cut the rib meat and shoulder into chunks, along with the caul fat or suet. 0:55
2. Put the meat and fat in a bowl with the stale bread torn into pieces and the garlic. 2:00
3. Pass everything through a meat grinder, knead it briefly, then grind it a second time for a fine, smooth mince. 2:30
4. Add the salt and knead the mince for several minutes, wetting your hands now and then, until it is sticky and holds together well. 4:10
5. With wet hands, shape small flat oval köfte and lay them on a tray. 5:20
6. Light a charcoal grill. When the coals glow, grill the peppers and tomato halves. 6:15
7. Grill the köfte over the hot coals, turning once, until browned on both sides and cooked through. 7:25
8. Serve the köfte hot with the grilled peppers and tomatoes. 8:55

> **Tip** Serves 6 is our estimate for about 1.35 kg of mix. No charcoal? Use a very hot griddle pan. The 15 g of salt is generous; use less if you like. The cook also serves grilled bread and an onion-parsley salad; skip the bread to keep carbs low.

The method is a summary in our words, in English — the video (in Turkish) shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
495 kcal	**42** g	**17** g	**1.9** g	**28** g	**1,220** mg
2,070 kJ	84% of a day	15 g net · 3.1 g sugars	7% of a day	10 g saturated	53% of a day
		6% of a day		36% of a day	

Energy from net carbs 12% · protein 35% · fat 53% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 169% · Zinc 89% · Selenium 69% · Vitamin B6 42% · Vitamin C 37% · Iron 25%

Source of (10–19%) Potassium 16% · Magnesium 11%

⚠ One serve has about 53% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Harun Aksu (@Harunaksu) on YouTube — youtube.com/watch?v=Be94KrzrusM, published 8 February 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/akcaabat-kofte