

Red Lentil Kofte / Mercimek Köftesi

This vegetarian kofte is one of the most popular appetizers of Turkish cuisine.

1 cup red lentil
1/2 cup fine bulgur
1/2 cup olive oil
2 cups of water
1 medium onion, very finely chopped
1 tsp cumin
1 tbsp tomato + red pepper paste (if you cannot find red pepper paste you can use 1 tbsp tomato paste)
~1 tsp salt
juice of half or 1 lemon (depends on how you like it: sour or not so sour)
1/3 bunch parsley, finely chopped
1/2 bunch green onion, finely chopped
curly leaf lettuce

Variation of the recipe, replaces fine bulgur with quinoa:

boil 1 cup of quinoa and 1 cup of red lentils in 3,5 cups of water.

- Wash lentils and boil them in 2 cups of water until it almost soaks the water.
- Once you turn it off, add bulgur and salt. Mix once and cover to let the bulgur expand. Let it cool off.
- Heat oil in a pan and add the onion (not the green one!) and cook until soft.
- Add tomato paste and cook for another 1-2 minutes.
- Add cumin and stir once you turn it off.
- Add this to the lentils which should be cool by now.
- Add half of finely chopped parsley, green onion, and lemon juice to the lentils. Mix all well.
- Take walnut size pieces and give them kofte shape in your hands.
- You can either place lettuce leaves on a serving plate and put koftes on top as in the picture, or serve koftes and lettuce leaves separately. However, when you eat them you should wrap each kofte in a lettuce leaf.





