
RECIPE BY TEK TEK ENSEMBLE

KEFTEDAKIA

Ingredients: Slices White Bread • 3 tbs Ouzo • 5.5 tbs Olive Oil • 56g White Onion • 450g Minced Beef • 1 Egg • 2 1/2 tsp • Fresh Mint • 1/2 tsp Garlic • 1/2 tsp Dried Oregano • 1 tsp Salt • Freshly Ground Black Pepper • 115g Flour

Instructions / Method:

1. Soak the bread in the ouzo for at least 5 minutes. Meanwhile heat 2 tablespoons of the olive oil over a moderate heat in a large, heavy frying pan until a light haze forms above it. Add the onions and cook for about 5 minutes, stirring frequently, until they are soft and transparent but not brown. Transfer the onions to a large, deep mixing bowl with a perforated spoon. Set the frying pan aside off the heat.
 2. Squeeze the bread dry and discard the ouzo. Add the bread, minced beef, egg, mint, garlic, oregano, salt and a few grindings of pepper to the onions. Knead vigorously with both hands, then beat with a wooden spoon until the mixture is smooth and fluffy. Taste for seasoning.
 3. Shape the beef mixture into balls about 1 inch in diameter, moistening your hands periodically with cold water. Then roll the balls in flour to coat them lightly, and refrigerate for about 1 hour.
 4. Preheat the oven to 200°F. Add the remaining 3 tablespoons of oil to the oil in the frying pan and heat over a high heat until a light haze forms above it. Drop 7 or 8 meat balls into the hot oil and cook them over a moderate heat for 8 to 10 minutes, shaking the pan from time to time to roll the balls about and to brown them evenly. Transfer the meat balls to a heatproof dish with a perforated spoon, and keep them warm in the oven while you fry the rest of the balls in the same way. Add more oil to the pan if necessary. Serve keftedakia hot as part of a menze tray or as a first course.
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