

# Sunvil Supper Club

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September 2016 - Keftedes (Cypriot Meatballs)



## Ingredients (serves 4)

- 1kg minced meat  
(beef or pork or a mixture of both)
- 4 potatoes, grated  
(excess liquid squeezed out)
- Bunch of parsley, chopped finely
- 2 large eggs
- 2 onions, chopped finely
- 2 slices of bread  
(soaked in water or milk & strained)
- 1 tsp dried mint
- 1 tsp cinnamon
- Vegetable oil for deep frying
- Salt and pepper

## Method

- In a large bowl, mix together the grated potatoes and the minced meat
- Add the remaining ingredients: onion, bread, eggs, mint, cinnamon and parsley
- Season with salt and pepper
- Mix well together
- Leave to stand at room temperature for 30 minutes
- Shape into round balls
- In a large frying pan, pour in the vegetable oil to a depth of 2-3cm
- Add the Keftedes and cook on a medium heat for 10-12 minutes or until golden
- Remove and drain excess oil on kitchen paper
- Serve as part of a meze or as a main dish with a salad, rice or chips

You will find that Cypriot cuisine takes its ingredients and flavours from signature Greek and Turkish fare.

A typical Cypriot dinner will start with appetizers, dips, and salads. This is followed by main dishes that are mostly meat-based and end with desserts and traditional strong coffee that's brewed on the island.

**Find out more about our holidays to Cyprus at: [www.sunvil.co.uk/holidays/cyprus](http://www.sunvil.co.uk/holidays/cyprus)**