

# FOOD FROM OUR HOMELAND

## Urfa Kololak

Recipe supplied by Lilit Petrosyan

### ingredients

- 2 medium eggplants (approximately 700gr)
  - 1 cup of virgin olive oil (250 mls)
  - salt and black pepper to taste
  - 10 tablespoons of salsa (Mexican Mission Salsa chunky medium or Old El Paso mild chunky tomato salsa)
  - 2 garlic cloves
  - 1/2 medium-sized sliced green or red capsicum
- One handful of fresh parsley or coriander to garnish dish when complete

#### Meatballs

- 150g mix of ground lean beef mince
- 150g turkey mince
  - 50ml of cold water to sprinkle over the meat mix
  - 0.5 teaspoon ground black pepper to taste
  - 0.5 teaspoon smoked paprika to taste
  - 0.5 teaspoon Cayenne pepper or crushed red chillis to taste
  - 1 teaspoon of dried herbs (e.g. parsley, basil, or dill)
  - 1-2 cloves of garlic finely chopped
  - 0.5 medium brown onion, finely chopped
  - Salt to taste
- 1/2 medium capsicum (red or green) finely chopped

### directions

You will need a baking pan. We can use individual silver platters to save space in the oven. **Heat oven to 190C NOT fan forced**

- Wash eggplants and dry with paper towel.
  - Cut the eggplants into circles of 2-3 cm diameter.
  - Fry them on both sides in preheated oil until golden in colour.
  - Lightly salt and set aside on paper towel.
  - To make **meatballs**, place all ingredients in the large bowl, put a splash of water in the palm of your hand and combine all ingredients, using both hands. The water is to help keep it moist.
  - Using a dessertspoon as a measure (to create equal-sized meatballs), scoop out meat mix and roll each in your hands to shape the ball.
  - To make tomato base for the dish mix 2 cloves of finely chopped garlic with salsa to create an even blend.
  - Drizzle baking pan with half of the tomato mix.
  - Arrange meatballs and eggplants in the baking pan, by placing side by side, alternating each element in a pattern.
  - Season top with salt and pinch of paprika.
  - Drizzle remaining tomato mix on top.
  - Arrange sliced peppers over and in the dish.
  - Cover with foil and bake at 190C for 25 minutes
- Use a knife to check if meat is properly cooked. Ease sharp end into a meatball. If it is moist, yielding and juicy it is ready. Also, eggplant needs to be turning a little brown. Check with knife. If soft, it's ready.
- Remove foil, increase oven temperature to 205C (400F) and bake another 10 minutes to brown it at the top. If not ready cook another five minutes under foil and recheck before removing foil.
  - Let it stand 10-15 minutes before serving.
- Garnish with fresh herbs (coriander, parsley etc).

#### Options

This dish can be cooked on the stovetop using a thick-based stove-top cooking pan.

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