

Dalyan Meatballs

Traditional Turkish Dalyan Meatballs - a savory baked ground beef loaf stuffed with vegetables. Easy family dinner recipe ready in 65 minutes.

30 min

PREP

35 min

COOK

1h 5min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

Dalyan Meatballs

Ingredients

- 1.1 lb ground beef
- 1 slice crumb
- 9 sprig parsley
- 1 onion
- 2 potato
- 2 carrot
- 1 egg
- 0.5 tbsp salt
- 0.25 tsp black pepper

Instructions

- 1 Prepare the vegetables**

Peel and dice the potatoes and carrots into 1-inch pieces. Bring a pot of salted water to boil over high heat.
- 2** Add the diced vegetables to the boiling water and cook for 8-10 minutes until fork-tender but still firm. Drain and set aside to cool.
- 3 Make the meat mixture**

Tear the bread slice into small pieces and soak in water for 2 minutes, then squeeze out excess water. Finely chop the 9 sprigs of parsley.
- 4** In a large bowl, combine 1.1 pounds ground beef, the soaked bread, chopped parsley, 1 egg, 2 grated onions, 1/2 tablespoon salt, and 1/4 teaspoon black pepper.
- 5** Knead the mixture vigorously with your hands for 8-10 minutes until it becomes sticky and holds together well. Refrigerate for 30 minutes to firm up.
- 6 Shape and stuff**

Preheat oven to 375°F (190°C). Grease a baking tray with oil.
- 7** With wet hands, shape the chilled meat mixture into a 12-inch long cylinder on the prepared baking tray.
- 8** Using your finger, create a deep groove down the center of the meat cylinder. Fill the groove with the cooked vegetables, pressing them in gently.

- 9 Carefully fold the meat over the vegetables and pinch the edges together to seal completely. Smooth the surface and ensure the seam is on the bottom.
- 10 **Bake**
Brush the surface lightly with oil and bake for 35-40 minutes until golden brown and the internal temperature reaches 160°F (71°C).
- 11 Let rest for 10 minutes, then slice into 1-inch thick rounds with a sharp knife and serve.

Tips

- Soak the bread slice in milk or water for 5 minutes before adding to the meat mixture for optimal moisture retention.
- Chill the shaped meatball loaf for 30 minutes before baking to help it hold its shape during cooking.
- Line your baking tray with parchment paper for easy cleanup and to prevent sticking.
- Let the cooked meatballs rest for 10 minutes before slicing to allow juices to redistribute and prevent crumbling.
- Use a sharp knife dipped in warm water between cuts for clean, professional-looking slices.
- Double-check that vegetables are fork-tender before stuffing, as undercooked vegetables won't finish properly in the oven.
- Brush the surface lightly with olive oil before baking for an extra golden, appetizing finish.
- Make shallow diagonal scores on top of the loaf before baking to create an attractive pattern and prevent cracking.