

Keto Köfte

Low-carb keto meatballs in marinara sauce - juicy, tender köfte made with ground beef, almond flour, and fresh herbs. Perfect comfort food!

30 min

HAZIRLIK

1h

PIRME

1h 30min

TOPLAM

4

PORSİYON

Medium

ZORLUK

Keto Köfte

Malzemeler

- 8 oz ground beef
- 8 oz pork belly
- 1 egg
- 1 cup parmesan cheese
- 1 cup milk
- 1 cup almond flour
- 5 clove garlic
- 2 tbsp parsley
- 1 tsp salt
- 1 tsp black pepper
- 2 tbsp olive oil
- 1 onion
- 1 tbsp tomato paste
- 28 oz tomato
- 1 cup mozzarella cheese

Yapılış

- 1 Prepare the köfte mixture**

Combine 8 oz ground beef, 8 oz ground lamb, 1 egg, 1 cup breadcrumbs, 5 minced garlic cloves, 2 tablespoons chopped fresh parsley, 1 teaspoon salt, and 1 teaspoon black pepper in a large bowl. Mix gently with your hands until just combined, about 1 minute.
- 2 Shape the mixture into 16 oval-shaped köfte, each about 2 inches long and 1 inch wide. Place on a parchment-lined plate and refrigerate for 30 minutes to firm up.**
- 3 Start the sauce base**

Heat 1 tablespoon olive oil in a large, heavy-bottomed pot over medium heat. Add 1 diced onion and cook for 5-6 minutes, stirring occasionally, until soft and translucent.
- 4 Add 1 tablespoon tomato paste to the onions and cook for 2 minutes, stirring constantly, until the paste darkens and becomes fragrant.**
- 5 Pour in 28 oz crushed tomatoes and 1 cup beef broth. Bring to a boil, then reduce heat to low and simmer for 15 minutes until the sauce thickens slightly.**

6 Brown the köfte

Heat remaining 1 tablespoon olive oil in a large skillet over medium-high heat. Add the chilled köfte and cook for 3-4 minutes per side until golden brown all over.

7 Simmer together

Transfer the browned köfte to the simmering tomato sauce. Cover and simmer on low heat for 25-30 minutes, turning the köfte once halfway through, until they reach an internal temperature of 160°F (71°C).

8 Taste the sauce and adjust seasoning with salt and pepper as needed. Let rest for 5 minutes before serving to allow the flavors to meld.

?puçlar?

Don't overmix the meat mixture - combine ingredients just until evenly distributed to prevent tough, dense meatballs.

Wet your hands slightly when rolling meatballs to prevent the mixture from sticking to your palms.

Make meatballs uniform in size for even cooking - use a small ice cream scoop or measuring spoon for consistency.

Chill formed meatballs for 20 minutes before cooking to help them hold their shape and prevent falling apart.

Sear meatballs in batches without overcrowding the pan - this ensures proper browning and prevents steaming.

Let the sauce simmer uncovered to concentrate flavors and achieve the right consistency.

Use freshly grated Parmesan and mozzarella for better melting and superior flavor compared to pre-shredded cheese.

Allow the finished dish to rest for 5 minutes before serving to let the flavors meld and prevent the cheese from being too hot.