

Cooking Workshop Kythira

Keftedes – fried meatballs

Ingredients for four persons:

1 kg micend meat (beef)

4 slices of bread without crust

2 thinly chopped onions

2 eggs

1 cup of thinly chopped parsley

1 cup of thinly chopped mint

3 cloves of garlic, thinly chopped

2 spoons of grated cheese

2 spoons of vinager

Salt and pepper

Flour and olive oil to fry

Preparation:

Mix all ingredients (apart from the flour and oil) very well in one large bowl. Cover the bowl and put it in the fridge for at least one hour.

Make small balls, roll them through the flour and start baking them.