

Remove crust from 2 slices white bread, soak well in scant amount water, squeeze dry, makes a fistfull. Place in large mixing bowl with other ingredients.

1-1/2 lbs ground lamb (or lean beef)

Medium onion grated, minced fine or cuisinarted but not to mush

1 egg tossed with fork

Fresh ground pepper

1t dried mint (lots of fresh mint if you have)

3 cloves garlic, crushed

Mix by hand. Should be fairly dry, easy to form balls, not wet or gooey.

Adjust for consistency. Spoon 1in. smallish balls and form by hand.

Roll lightly in flour. Set aside.

In 3qt. saute pan, preheat canola oil-olive mix 1/4in. deep.

Saute meatballs at medium-high heat, turn with spoon as necessary to brown well all sides. Remove to plate with paper towels.

Keftethes are a must for your mezethes (varied appetizer meal) but can also make a simple main course with pilafi, greek salad, etc. They freeze well in ziplock bag.