

03/07/10 - Passover Kufte de Prassa



Memories of flavorful and fluffy kufte de prassa come to mind this time of year as I plan my Passover menus. During the rest of the year , especially at Rosh Hashanah when I make kufte de prassa I use bread crumbs or some I know, use moistened stale challah to bind the meatball mix and to coat them when they are fried. On Passover because of the prohibition of not eating leavened food, matzo meal and matzo cake meal replace the bread. If you have a large crowd, double the recipe. 4 fresh leeks cleaned and chopped fine

1 pounds of ground beef

1 cup parsley, washed and chopped

1/2 cup matzo meal

1 teaspoon salt

1 teaspoon freshly ground pepper

3 eggs

1 cup matzo cake meal

1 teaspoon salt

1 teaspoon freshly ground pepper

3 eggs



Lemon wedges for garnish (optional)

Cut off the bottom, very dark green, tough portion on each leek. Slit each leek vertically from top to bottom and rinse them through each layer. Mud and grit cling to the inner layers, so be thorough. Slice the leeks vertically into thin strips and then chop them across finely. Place the leeks in a pan with a tight fitting lid. Add water to cover and steam the leeks for about 15 minutes. When they are tender, drain out all the excess water and let them cool completely. After the leeks are cool, squeeze out all the remaining water with your hands. You can do this several days ahead. Keep squeezed out leeks in a container in the refrigerator.

Combine the steamed leeks with ground beef, 1/2 cup of matzo meal, parsley, and eggs. Season the kufte mix with salt and pepper.





Form about 25-27 golf ball size kufte. Roll each kufte in matzo cake meal seasoned with salt and pepper. I roll all the kufte out first and coat all with the cake meal before I start frying. That way I am not rushed and my oil doesn't get too hot.

Crack the three eggs into a shallow dish and beat them. Preheat a large sauté pan and when it is medium high, add oil to about ¼ inch deep. Dip each kufte in beaten egg and then place them in the oil to fry until they are golden brown. Only turn each kufte once. R





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