**Beef – Keftedes, Bifteki**

**Roam with Roni**

[https://roamwithroni.hebrewlion.com/](https://roamwithroni.hebrewlion.com/recipes)

*Bifteki**is keftedes shaped as large ovals*

Ingredients:

* 2 lb. **ground beef**
* 2 **eggs**
* 2 small or 1 large **onion**, grated or finely chopped
* 1-2 bunches **fresh mint**, parsley, or something else fragrant, wonderful, and green, grated or finely chopped
* 1 cups **bread crumbs** or Quaker oats
* 2 **tomatoes**, grated or tomato sauce (not too much) or paste
* 1 TBSP **salt** or kosher salt
* 1 TBSP freshly ground **black pepper**
* Optional: **water**
* Optional: 1 tsp dried **oregano** (preferably Greek, to add a classic, earthy note)
* Optional: 1 TBSP **red wine vinegar** (to brighten the overall flavor and tenderize the meat)
* Optional: **flour**
* Optional: **feta cheese**

Direx:

1. Combine **all ingredients except the** **flour** in a large bowl.
2. Thoroughly knead the mixture with your hands for about 10 minutes, discarding any large chunks or unwanted bits as you go. Continue kneading until the mixture feels solid.
	* If it feels sticky, add **breadcrumbs**.
	* If it feels dry, add **water**.
3. Refrigerate for 10 minutes to make the mixture more pliable and easier to work with.
4. After removing from the fridge, use your hands to form:
	* **For keftedes:** little balls that you then press and flatten into round patties.
	* **For bifteki:** larger oval patties, about 4”-5” long. Optionally, stuff each bifteki with a small piece of cheese (like feta) before shaping the oval.
5. Optional: For crispier keftedes or bifteki, coat the patties in flour.
6. Sauté patties over **medium high** heat until their bottoms darken:
	* **For keftedes:** 3 minutes on each side.
	* **For bifteki:** 5 minutes on each side.