

PERSIAN COOKING CLASS

Co-Sponsored with the Persian Cultural Society

ESTOMBOLI POLO (String Beans with Rice)

Ingredients:

- 2 Cups Rice
- 1 Lb (453g) String or Green Beans
- 1 Lb (453g) Ground Beef
- 4 Tbsp Oil
- 1 Small Onion
- Salt, Turmeric, Ground Chili Pepper
- 2 Tbsp Tomato Paste
- 1 Medium Potato

Preparations:

- 1- Soak the rice with 1 Tsp salt for 1 hour.
- 2- Slice the string beans.
- 3- Dice the onion.
- 4- Slice the potato.
- 5- Boil 4 to 5 cups water.

Directions:

- 1- Put the string beans in a pot and add boiling water to it until it covers them all, cover the lid and simmer for 10 min until the beans are tender.
- 2- Heat the vegetable oil in a pot, add the diced onions until translucent.
- 3- Add the ground beef to the onion pot, stir and let fry until the beef becomes brown. Add salt, turmeric and ground chili pepper, add tomato paste, mix thoroughly.
- 4- Drain the string beans and add it up to the beef pot. Mix well and leave it over low heat for few minutes (while preparing the next steps).
- 5- Simmer the rice until tender, Drain the rice in a colander.
- 6- In a large pot, pour 2 Tbsp vegetable oil, lay the sliced potatoes across the pot. Now add the rice and the beef mixture into this pot in layers. Stir the top two layers (last layer of rice and the beef mixture).
- 7- Add 2 Tbsp vegetable oil, cover the pot with a large napkin and the lid.
- 8- Cook for 30 minutes over low heat.



SALAD SHIRAZI

Ingredients:

- 3 large, firm tomatoes
- 2 cucumbers
- 1 small onion, red or yellow
- 2 tablespoons lemon or lime juice, depending on taste
- 2 tablespoons olive oil
- 1 tablespoon fresh mint, finely chopped
- 1 teaspoon minced garlic
- salt and pepper to taste



Preparation:

Finely chop tomatoes, cucumbers, and onions. Toss with remaining ingredients and gently mix well.

Serve chilled. Serves 4.

KOTLET

Ingredients:

- 1 pound ground beef
- 1 large potato (cooked)
- 1 large onion, grated
- 2 eggs
- 2 tablespoons chickpea flour *optional
- 1/2 teaspoon turmeric
- Salt and pepper to taste
- Oil for frying



Method:

1. In a large mixing bowl combine all ingredients and mix well.
2. Place a frying pan on medium heat and pour 2-3 tablespoons of vegetable oil.
3. Take a handful of the meat mixture and shape into a ball and continue, flatten into an oval or a round shape and fry till brown on both sides. If needed add more oil.
4. Drain on paper towel.
5. Serve warm or cold with herbs, sliced tomatoes, onions, pickles and warm bread.