

# PERSIAN CUISINE

## YOGURT DIP

- 2 medium garlic cloves peeled
- 1/2 teaspoon fine grain sea salt
- 2 cups / 480 ml Greek yogurt
- 3 tablespoons chopped fresh dill
- A dozen fresh mint leaves, chopped
- 1 medium cucumber, seeded & finely diced
- Great quality extra-virgin olive oil
- 1/3 cup walnuts, deeply toasted
- 2 teaspoons crushed dried rose petals
- 3 tablespoons chopped dried cranberries

1. On a cutting board, sprinkle the garlic cloves with the salt
2. Mash/chop into a paste with a knife.
3. In a small bowl combine the garlic paste with the yogurt, dill, and mint.
4. Cover and refrigerate until ready to serve.
5. When you're all set -stir in the cucumber, and salt to taste.



## KOTLET

- 1 lb ground beef
- 1 lb potato
- 1 egg
- 1 onion
- 1/2 teaspoon turmeric
- salt and pepper
- vegetable oil
- breadcrumbs



1. Place potatoes in a large pot and cover with cold water. Add some salt, and cook until a fork easily goes through them.
2. Grate onion in a large bowl.
3. Once your potatoes are done, peel them, and then grate them in the same bowl with the onion. Mix to combine. (This is traditionally done by hand!).
4. Add turmeric, salt, and pepper in the bowl. Mix to incorporate spices into potato-onion mixture.
5. Crack eggs into the mixture and combine. (If you're still going the traditional route, you continue with your hands.).
6. Finally, add the ground beef to the mixture and mix. (Again, keep mixing at it with the hands!).
7. Take a small amount out of the mixture (about 2 tablespoons) and make a large meatball with it. Then pat it flat into a patty that is not too thick or too thin.
8. Continue with the rest of the mixture, and as you finish each patty, place it on parchment paper.
9. Wash your hands, and heat vegetable oil in a large pan over medium heat. Fry a few kotlets at a time, making sure not to overcrowd.
10. Once you see that the bottom has turned a golden brown where the edges are a rich brown and crispy, flip them over. Add more oil as necessary.
11. Place a dish with a paper towel in it next to your work station. When removing the kotlets from the pan, try to drain as much of the oil as possible, then place onto the plate.
12. Serve immediately. Enjoy with fresh herbs and a few slices of tomatoes and Persian pickles