



# *Kotlettes*

Potato & Meat Patties

Recipe from My Little Persian Kitchen





# Kotlettes

## Potato and Meat Patties

Serves 4:

Cooking time: 30 minutes

Preparation time: 15 minutes

### Ingredients

1½ waxy peeled and  
cooked potatoes - mashed  
500 grams of minced beef  
1 medium white onion  
peeled and grated  
1 teaspoon of turmeric  
2 teaspoons of salt  
Pepper to taste  
½ teaspoon of ground  
saffron  
½ teaspoon of cinnamon  
1 teaspoon of garlic  
granules  
2 small eggs beaten  
150 grams of breadcrumbs  
Salad, mast-o-khiar and  
lavash to serve  
2 tbsp of olive oil

### Method

Mix all the ingredients together, except for the breadcrumbs, in a big bowl for around five minutes.

Place the breadcrumbs onto a spare plate. Spoon a ball of the meat mixture into your hands and roll into a log shape.

Add the olive oil to a frying pan set over a medium heat.

Flatten into an oval, cover in breadcrumbs and place in the hot frying pan.

Cook for 2-3 minutes on each side.

Place in the oven at 150C fan 300F/ gas mark 2 to keep warm while you cook the rest.

Don't overcrowd the pan or touch them too much until they are fully cooked on each side.

Place on a paper towel to drain and serve.



# *Polo Ba Tahdig*

Persian Rice

Recipe from My Little Persian Kitchen





# Polo ba Tahdig

Persian Rice – Bottom of the pot

**Serves:** 4

Cooking time: 60-75 minutes depending on colour of tahdig required

Preparation time: 10 minutes

## Ingredients

1 cup of good quality Basmati rice per person plus an additional cup for the pan. For this recipe, I will use 4 cups.

Salt to taste

2 tablespoons of olive oil

Pistachio/sliced almonds and rose petals to garnish

## Method

Use a good non-stick pan or an Iranian rice cooker. A Western rice cooker will not do for the tahdig (the crusty bit) as they turn off at a certain temperature and just continue to steam the rice.

Wash the rice until the water runs clear. This removes the excess starch and any impurities.

Once it's all clear empty the water.

Add a cup of water per cup of rice and an additional cup of water for the pan.

The water should come up to approximately an inch above the rice.

Add the salt to taste. This is quite a salty rice traditionally. I usually use around ½ tablespoon of salt but I taste the water and I add more if needed.

Add 2 tablespoons of olive oil.

If cooking in a pan, add to a hob on a medium heat for around 30 minutes. Once the rice starts to boil turn down to a simmer for another 20 minutes or so. You will know when the rice is done, as it starts to smell like popcorn.

To turn the rice out of the pan, put the lid on and run the bottom under a cold tap then turn upside down onto a plate. If using a rice cooker, it is very easy. Just turn it on to your desired colour and when the light goes out it is done!

Decorate as you wish.