

Kotlet (Persian Cutlet)

Ingredients

- 350 g extra lean ground beef
- 1 large cooked potato (about 300 g), peeled, grated on the large holes of a box grater
- 2 large uncooked potatoes (about 600 g), peeled, grated on the large holes of a box grater
- 2 eggs
- 1 medium onion, grated on the small holes of a box grater
- 1 tablespoon wheat all-purpose flour or breadcrumbs
- 2 teaspoons turmeric powder
- oil
- salt and black pepper to taste

Preparation

Put ground beef and grated onions into a large bowl. Use your hands to mix them well.

Add grated cooked and uncooked potatoes, eggs, flour, turmeric powder, salt and pepper.

Mix well until the ingredients are well combined. Taste and adjust seasonings.

Take a small amount of the mixture (about 3 tablespoons) and make a small ball out of it.

Form into oval patties, 1/2-inch thick.

Heat oil in a non-stick frying pan over medium-high heat until oil sizzles when you drop a small amount of mixture into the pan. Reduce heat to medium. Place them gently into the pan (making sure not to overcrowd).

Fry until they are cooked through and golden brown on each side (once you see that the bottom has turned into golden color flip them over). Add more oil, if necessary.

Be careful not to overcook and burn the kotlets. Place them on paper towel (to absorb extra oil).

Serve cold or hot with bread and fresh herbs.

