



**Persian New Year (Nowruz)** correlates with the start of spring. For days following, Iranians visit friends and relatives. On the 13<sup>th</sup> day, Sizdah Bedar, also known as Nature Day, people picnic outdoors. Ellie, her mother and her Uncle Massoud packed a basket for their Sizdah Bedar picnic filled with sabzi kuku (herbed omelet), bread, radishes, New Year pastries, a thermos of hot tea and fried kotelet meat patties like these.

### **Kotelet (Persian Meat Patties)**

*Makes 10 patties*

1 small onion (about 3 ounces) or half a medium onion  
1 large russet potato (about 10 ounces)  
1 pound ground beef or lamb or a combination  
1 egg  
3 tablespoons flour  
½ teaspoon ground turmeric

½ teaspoon black pepper or to taste  
1 teaspoon salt  
Vegetable, canola or avocado oil

#### **To serve:**

1 tomato, sliced, or cherry or grape tomatoes  
Sliced pickles  
French fries

Grate onion. (You should have about ½ cup.) Squeeze it very hard and dispose of all the juice. Peel and grate the potato.

Mix grated onion and potato with ground meat. Add egg, flour and seasonings. Using your hands, mix everything until well combined. Mixture will be very sticky. Heat a thin layer of oil in a shallow pan over medium heat.

For each patty, take about ¼ cup of the meat mixture, form it into an oval and fry it in the oil, about 5 minutes on each side until browned and cooked inside.

Serve warm with tomatoes, pickles and fries.

**Notes:** You can boil and mash the potato in advance add it to the rest of the ingredients mashed instead of grated.

To bake kotelet, preheat oven to 375 degrees. Line a baking sheet with foil and coat with extra-virgin olive oil. Place patties on baking sheet and bake 30 minutes, flipping halfway through.

Store leftovers in an airtight container. Refrigerate up to three days or freeze up to three months.

*Adapted from* <https://www.unicornsinthekitchen.com/persian-meat-patties-kotlet/>