

# THE FOOD SAFARI & HOME ELECTRONICS FAIR



## PERSIAN POTATO CUTLETS

Recipe by VIOLET OON

5	USA Russet Burbank Potatoes (1 kg), boil till just cooked, grate roughly
500 g	minced lamb or beef
1	egg white
1 to 1 ½ tsp	salt
1 tsp	white pepper powder
½ to ¾ tsp	cinnamon powder
3 tbsp	grated carrots
1	onion (150g), medium sized, grated
1 cup	breadcrumbs made from toasted bread
2 cups	sunflower oil

### Method

1. Boil the potatoes till just cooked – about 15 to 20 minutes. Remove from water, cool, peel and grate with a rough grater.
2. Mix the potatoes with the meat, egg white, salt, pepper, cinnamon powder, grated carrots and onions and knead for 20 to 30 times to make a firm meatball mixture.
3. Form one handful of the meat mixture into oval patties and coat with finely ground breadcrumbs. Chill in the fridge for a few hours.
4. Heat a large frying pan and add enough oil to fill about ½ cm of frying pan.
5. When the oil is hot, ease in the cutlets in a layer and shallow fry over medium low heat for about 8 to 10 minutes on one side till cooked and you can turn the cutlets over easily with a spatula. Fry the other side till golden brown – about 8 to 10 minutes as well.
6. Remove from the oil with a slotted spatula and drain on paper towels.
7. Repeat the frying till all the patties are cooked.

### To Serve

Serve on a bed of Salad Greens. These Persian Cutlets are delicious eaten with yoghurt or some Indian Cucumber Raita and it is great eaten with California Raisins Sambal Belacan.