

Persian Meatball with Western Flavors

(Stuffed with roasted hazelnuts and dried fruit)

Recipe by Chef Josefina Santa Cruz

Meatball Ingredients: (6-7 pieces)

Ground beef	500 grams
Cooked rice	125 grams
Finely chopped red onion	½ cup
Chopped parsley	20 grams
Minced peppermint	20 grams
Turmeric	½ tablespoon
Rice flour	1 tablespoon
Salt	2 teaspoons
Beaten egg	1

Filling Ingredients:

Chopped apricot	½ cup
Chopped Northwest Hazelnuts	½ cup
Raisins	50 grams
Chopped red onion	½ cup
Ground cumin	½ teaspoon
Powdered cardamom	½ teaspoon
Salt	½ teaspoon
Sugar	2 Teaspoons
Parsley	10 grams

Tomato Sauce and Roasted Pepper: (ingredients for 1 liter)

Olive oil	2 ½ tablespoons	Salt	10 grams
Minced garlic	4 cloves	Paprika	2 ½ teaspoons
White onion, thinly sliced	1 cup	Sugar	½ tablespoon
Roasted peppers	2 ½ pieces	Chopped tomato	300 grams
Ground star anise	½ teaspoon	Water	½ liter

Process:

- The ingredients for the meatball are mixed, except for the nut filling. For the filling, in a hot pan add olive oil and add the onions. When it is transparent, add the apricot, raisins and hazelnuts and sauté a few seconds. Then add the spices, salt, and sugar and mix well.
- Add the parsley.

Meatballs:

- Divide the meat mixture into 6-7 equal portions and the same step is done with the filling. Once portioned, take a piece of the meat mixture, flatten it, and make a small hole in the center.
- A portion of the filling is placed, closed, and rolled again to create a sphere. When you finish assembling the meatballs, reserve them.
- To cook them, put the meatballs in water to the boiling point with onions and salt.
- Cook for about 10 minutes.
- When they are ready, they are removed from the water and served with the tomato sauce and roasted pepper.

Sauce:

- The oil is heated, and the garlic, onion and peppers are sautéed to soften. It is cooked until the vegetables are soft. The paprika is added.
- Mix well and add the tomatoes and water. It is gently boiled until desired consistency, grind and adjust the seasoning.
- The combination of sun-dried fruits such as apricots, hazelnuts and raisins make the perfect mixture to fill a beef or lamb meatball with a delicious roasted pepper sauce to accompany.

