

Persian Meatballs with Beet Sauce

By Michael Solomonov



Cooking and Prep: 🕒 1 h 20 m

Serves: 🍽️ 4

Contains: No Allergens

- Preference: **Meat**
- Difficulty: **Medium**
- Diet: **Gluten Free**
- Tamarind and pomegranate molasses in the unexpected beet sauce contribute this classic Persian sweet-and-sour flavor profile to these otherwise straightforward meatballs. Serve over yellow rice for a color explosion.

Ingredients:

Meatballs

- 1 pound ground beef
- 1/2 cup chopped fresh parsley
- 1/2 onion, grated
- 2 tablespoons seltzer
- 2 teaspoons ground cumin
- 1 and 1/2 teaspoons Haddar Kosher Salt
- 1 teaspoon smoked paprika
- 1 teaspoon freshly ground Gefen Black Pepper
- 1/4 cup canola oil

Beet Sauce

- 1 onion, finely chopped
- 2 cloves garlic, thinly sliced
- 2 tablespoons tamarind paste
- 2 tablespoons pomegranate molasses
- 2 large red beets, peeled and finely chopped
- 1 quart Manischewitz Chicken Broth or other chicken stock
- fresh mint leaves

Directions:

Prepare the Meatballs

- 1 Preheat the oven to 275 degrees Fahrenheit.
- 2 Mix together the ground beef, parsley, onion, seltzer, cumin, salt, paprika, and pepper in a medium bowl.
- 3 Shape the mixture into golf ball-size meatballs.
- 4 Heat the oil in a deep ovenproof pot over medium-high heat. Sear the meatballs on all sides, about six minutes, then transfer to a plate. Do not wipe out the pot.

Prepare the Sauce

- 1 Add the onion and garlic to the pot and cook over medium-high heat until the onions are soft and translucent, about five minutes.
- 2 Stir in the tamarind paste and pomegranate molasses and cook, stirring, for one to two minutes.
- 3 Add the beets, meatballs, and stock. Cover and braise in the oven for 45 minutes, or until the meatballs are cooked through and the beets are tender.
- 4 Remove from the oven and transfer the meatballs to a plate.
- 5 Place the pot over medium-high heat, bring to a boil, and cook until the sauce has reduced by half, about 15 minutes. Taste and add salt as needed.
- 6 Return the meatballs to the pot, toss to coat with the sauce, and warm through.
- 7 Scatter on mint leaves before serving.

Credits

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