

# Persian Meatballs with Beet Sauce

Recipe By Michael Solomonov

Steven Cook



Cooking and Prep:  1  
h 20 m

Serves:  4

No Allergens

Preference: Meat

Difficulty: Medium

Occasion: Shabbat

Diet: Gluten Free

Source: Israeli Soul

Cuisines: Persian, Israeli

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 (16)

### 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

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## Beet Sauce

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

### 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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