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Kotlet – The Crispy Golden Comfort of Persian Kitchens

A culinary journey of flavor, culture, and plant-based possibilities.

By Mozhgan

A Dish for Every Occasion





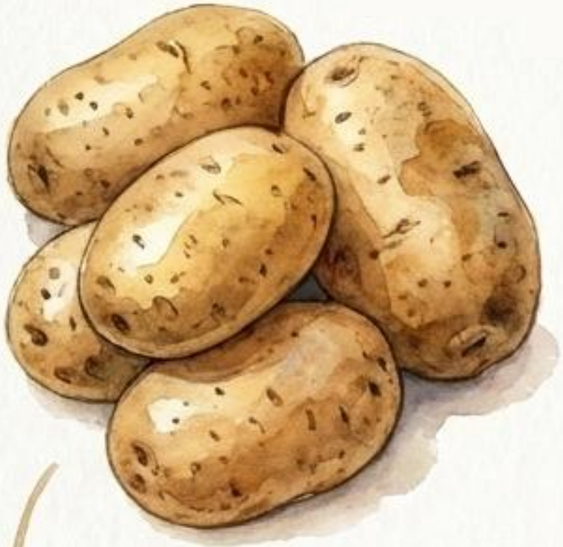
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Perfect served warm from the pan for cozy family gatherings, or packed cold for nostalgic road trips, picnics, and plant-based twists.

By Mozhgan

Essential Ingredients

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Sibzamini
(سیب‌زمینی)
- Potatoes



Goosht-e Charkhkardeh
(گوشت چرخ‌کرده)
- Ground meat*



Piaz
(پیاز)
- Onion

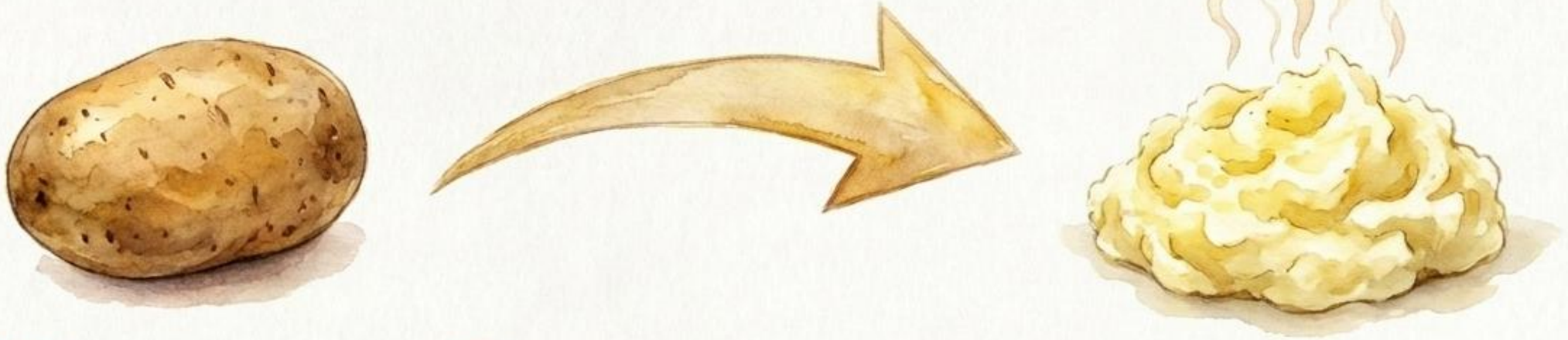


Turmeric & Egg -
The Golden Binders

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Step 1: Boil & Mash

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Tenderize potatoes into a smooth, fluffy mash. Finely grate the onion.

Crucial tip: Squeeze out the excess onion juice for a perfectly crispy fry!

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Step 2: Mixing the Elements

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Kneading together the potato, onion, protein, egg, and warm turmeric until perfectly unified.

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Step 3: The Signature Shape

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Form thin, smooth oval patties. Thin enough to cook through rapidly, yet thick enough to remain beautifully moist inside.

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Step 4: Sorkh Kardan (سرخ کردن)

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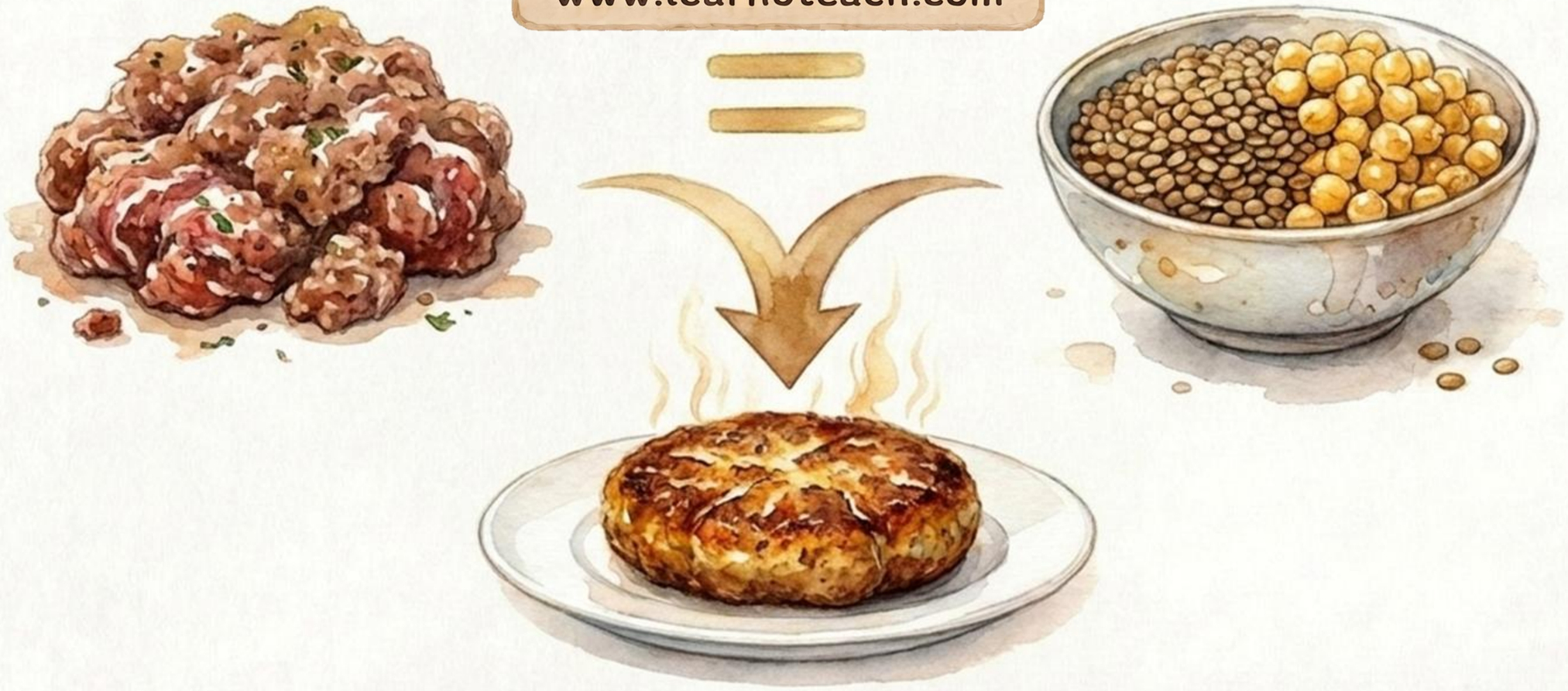


Pan-frying in hot oil until deeply golden and undeniably crispy. Flip once to secure the crust, then drain on paper.

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Step 5: The Giah -Khar (گیاه‌خوار) Alternative

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Swap the meat for an equal mix of mashed brown lentils and chickpeas. Same golden crunch, entirely plant-based.

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Step 6: Plating & Garnishing



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Contrast the rich, fried Kotlet with fresh tomatoes, crisp herbs (Sabzi Khordan), and tangy pickles (Torshi).

Gathering Around the *Sofreh*



Nan-e Sangak
(نان سنگک و لواش)
meets golden Kotlet.

Nooshe Joon (نوش جان) – May it nourish your soul!

By Mozhgan