Kufteh Tabrizi

کوفته تبریزی

The Giant Stuffed Jewel of Tabriz

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By Mozhgan

A Silk Road Masterpiece

Originating from the historic trade routes of northwestern Iran, Tabriz is famed for its grand feasts and warm hospitality. The monumental scale and rich, surprise filling of the Kufteh make it visually and culturally distinct—a handcrafted culinary artifact.

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The Culinary Palette



The Base Elements

Path A: Traditional Base



Path B: GiAh-khAr



The Vegetarian Option: Cooked lentils & plant-based binder



The Fillings

The Sauce



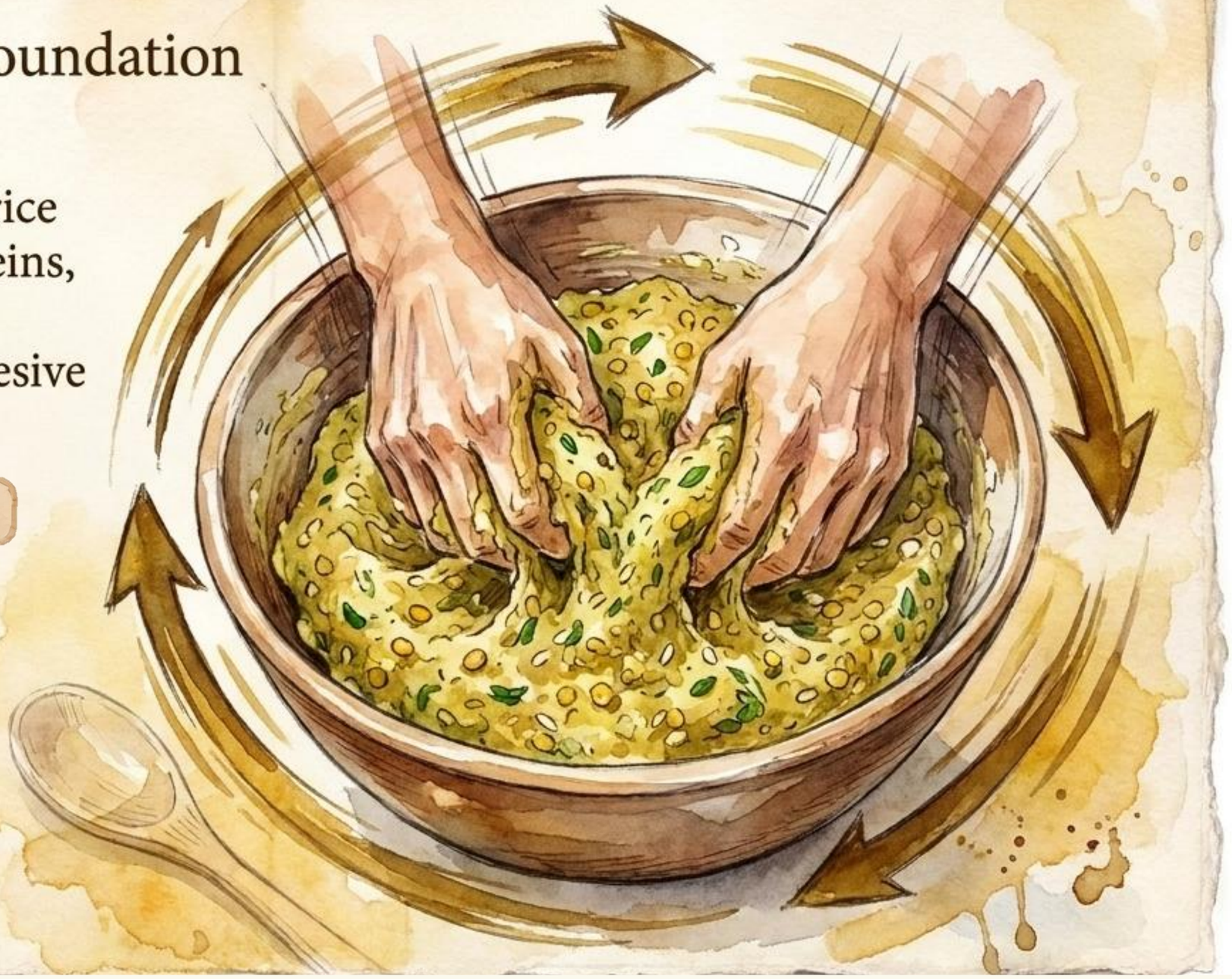
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Step 1: Building the Foundation

Combine the partly tender rice and split peas with the proteins, herbs, and spices. Knead vigorously until a tight, cohesive batter forms.

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Step 2: Creating the Canvas

Take a large portion of the kneaded mixture and press it flat across the palm, creating an even layer ready to hold the hidden treasures.

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Step 3: The Surprise Core



Hard-boiled egg
(optional surprise)

Maghz-e Gordoo
(مغز گردو) – Walnut

Piaz Dagh (پیاز داغ) –
Golden fried onions

Aloo / Gaysi (آلو / قیسی)
– Dried plum / apricot

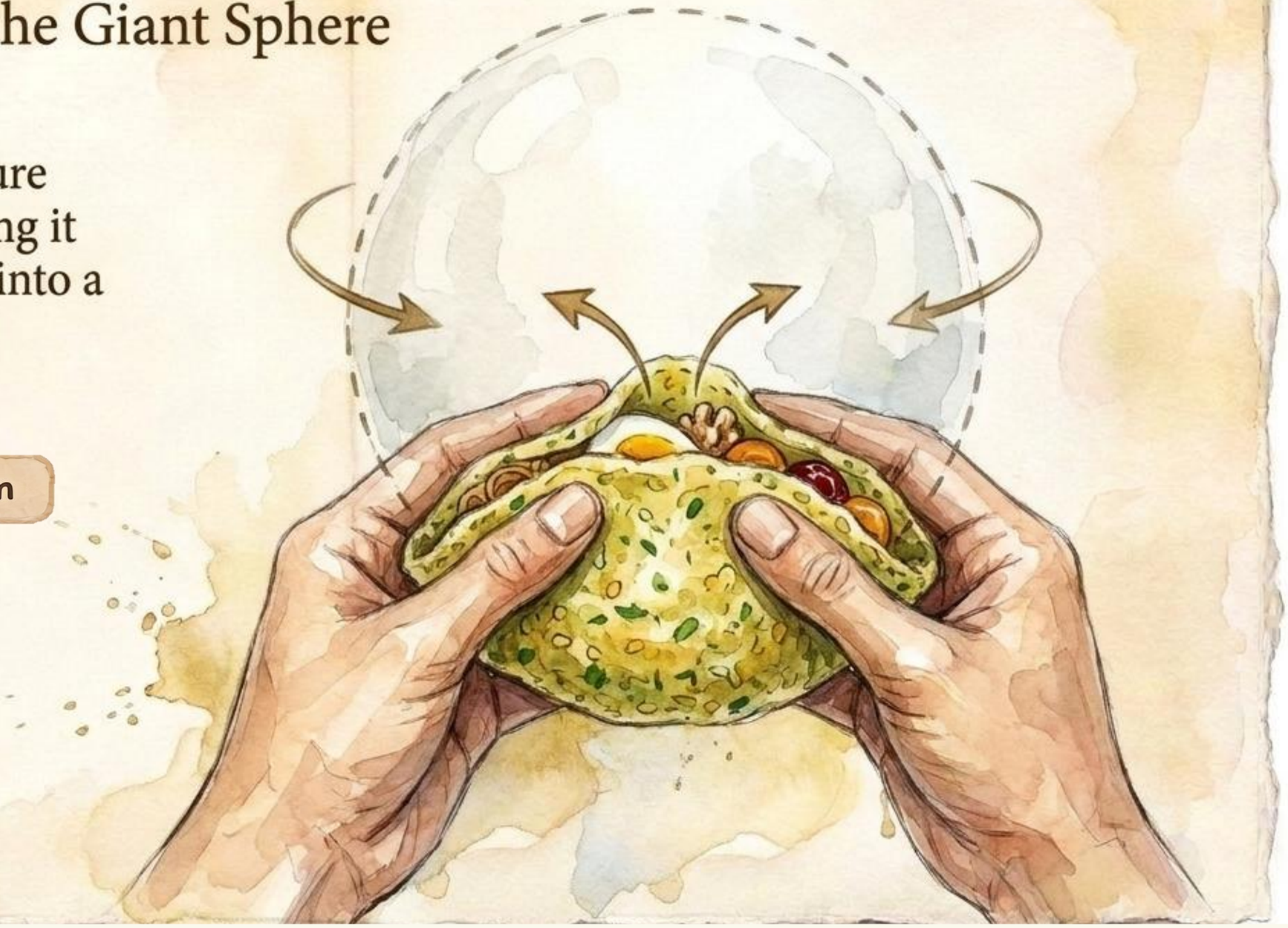
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Step 4: Wrapping the Giant Sphere

Carefully fold the mixture around the filling, sealing it completely. Roll gently into a massive, smooth round shape.

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Step 5: The Flavor Bath

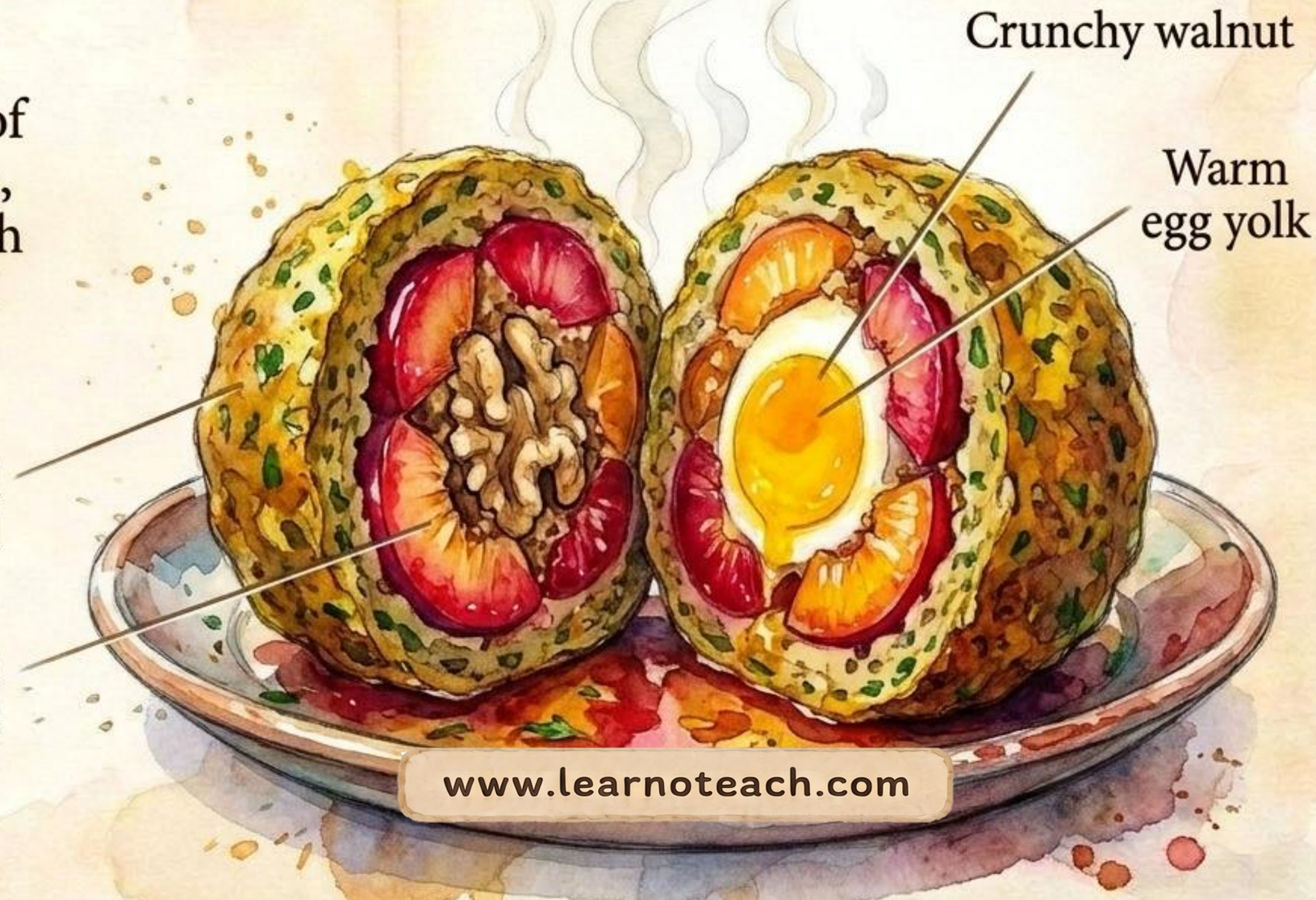
Gently lower into a simmering tomato broth. Cover and cook slowly to maintain the perfect sphere while absorbing the savory sauce.

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Step 6: The Cut-Open Reveal

A masterful balance of savory shell, tart fruit, crunchy nuts, and rich egg—a culinary jewel box opened.



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The Final Feast

Serve hot, break bread, and share the jewel of Tabriz.



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Nooshe Joon! نوشِ جانْ

May it nourish your soul!

By Mozhgan