



Kalam polo Shirazi (kohlrabi rice with meatballs from Shiraz)

Time to prepare 30 min

Time to cook 1 hour

serves 4 people

Ingredients

Kohlrabi preparation

two kohlrabis, peeled and cut into cubes

1tsp salt

1tsp turmeric

Herb preparation

dill 50 g, chopped

chives 50g, chopped

coriander 50g, chopped

basil 50g, chopped

sunflower oil 4tbsps

salt, turmeric, and cinnamon 1 tsp of each

Meatballs

ground beef 200g

salt, turmeric, and cinnamon 1 tsp of each

one medium onion, coarsely grated

Rice

rice 400g or 2 cups

salt 3 tbsp to soak the rice

potatoes peeled and thinly sliced for the bottom of the pan (tahdig)

sunflower oil for the bottom of the pan 4 tbsps

To make

Rice

.Soak the rice in boiling water and salt and set it aside for 30 minutes, this will soften the rice grains. The water should cover the rice entirely

Kohlrabi

.Bring some water to a boil and add the chopped kohlrabi, salt and turmeric. Cook it until softened. Rinse and set aside

Herb mix

.Add the oil into a pan, add all the chopped herbs and season with the spices. Stirfry for 5 min and set aside

Meatballs

Add the grated onion and the spices to the ground beef, combine well using your hand and make little meatballs

Add the meatballs to the herb mix and cook them for 5 minutes. Make sure you do not mix too much because the meatballs will open and lose their round shape

Then add the cooked kohlrabi and mix entirely

Bring some water to a boil and add the soaked rice. Cook the rice until the rice grains are half-cooked, You can test the rice grains between your fingers by pressing the grains in between two fingers and when the outside is cooked and the inside leaves 3 raw dots, the rice is ready to be rinsed. This only takes 5-7 minutes. If you overcook the rice the rice will be sticky and smooshed when mixed with the herbs

Heat the oil in the same pan and layer the slices of potatoes. Add some salt to season. Now layer the rice and the kohlrabi and herb mix and add some cin

Then put the pan on medium heat and steam the rice for 20-30 min. To help the rice cook faster you may pour some water around the edges of the pan