

THE FEARLESS OLIVE
BY REEMA ISLAM



The Feast of Sacrifice

The Feast of Sacrifice has ended and now you start thinking about the generous amount of meat and things cluttering up your freezer space. As you plan to pull off yet another marvel of an after-Eid menu, allow me to bring to you some recipes from across the globe in hopes that you empty out your freezer faster. Check out these exquisite and delicious recipes from the world over and add something new to everyone's tastebuds!

RUSSIAN MEAT CUTLETS:

The Russians have a penchant for using meat to their fill, in soups, in porridges and cereals and mixed heartily with vegetables too. With a very traditional culture, a typical Russian family would have seats designated to each family member at the dinner table and an entrée, followed by a main course, accompanied by drinks as part of the meal's usual course.

Ingredients:

750gm ground chicken or qeema
750gm ground beef or qeema
3 potatoes
2 large red onions
7-8 garlic cloves
1 egg
2 tbsp fresh dill, chopped or
2 tbsp mint leaves, chopped
3 fresh red chillis, finely chopped
1 tbsp white pepper
3 bay leaves,

A pinch of nutmeg
Salt to taste
250gm bread crumbs
½ tsp lemon zest
3 tbsp olive oil

Method

Peel and dice the potatoes. Process all the ingredients --potatoes, onions, garlic cloves, chicken meat and beef meat-- in a grinder. Add seasonings, salt, white pepper, nutmeg, lightly beaten egg, fresh dill herbs and chopped red chilli to the mixture and com-

bine well. Form small patties of the mixed ingredients. Take a medium bowl of bread crumbs and coat the cutlets in the bread crumbs or flour.

Heat some oil in a large pan, and fry the cutlets in it until golden brown. Repeat the procedure with the remaining cutlets.

Take a large saucepan that will accommodate all the cutlets. Place them into this saucepan and add 1 cup of water and bay leaves. Cover the pot and cook on low heat for 15-20 minutes.

