

Prune Broth: Iranians' Autumn-Time Dish

Written by IFP Editor

Saturday, 21 October 2017 15:23 -

Ground meat: 0.

Prune Broth: Iranians' Autumn-Time Dish

Written by IFP Editor

Saturday, 21 October 2017 15:23 -

Fry the onions and add turmeric. Put the split peas and rice with the onions in water and cook them.

Mix the ground meat with grated onion, salt and pepper and shape them into small meatballs.

Add chopped vegetables after the rice and split peas are half-cooked.

After the vegetables are cooked, add the meatballs to the ingredients. Finally, add the fresh prunes after removing their inner hard seeds, and leave the broth to be cooked through. Note that dried plumes must be added sooner.