

The Art Of Cooking - Aruk



There is nothing better than a fried crispy Aruk!

Well, this Aruk resembles the Iraqi herb and potato patties; however, this version is without the potato.

Whenever I think about something like comfort food, I am thinking about eating an Aruk or even a Latke!

Not only the taste but this is usually pretty easy to make - to become the highlight of the day!

Ingredients:

3 large onions

Fresh parsley

2 eggs

100-gram minced chicken meat or alternatively minced turkey meat

Kurkuma

Salt and pepper

Flour

Cooking oil

Making the Aruk:

Start with grinding 3 onions in the blender. Loosely chop up the fresh parsley and mix it together in the bowl with the onion paste - then add the minced meat, together with a large teaspoon of salt, pepper, and kurkuma.

Mix everything together, then add the 2 eggs and continue to mix.

Add some flour until the mixture turned into a thick paste and is not too watery - however, do not add too much flour.

In a skillet or a frying pan add a generous layer of cooking oil on medium heat,

when the oil is hot add scoops of the Aruk paste and let it fry on one side until golden brown and then flip.

When both sides are golden brown and crispy remove them from the oil and place them on a paper towel.

Aruk tastes great as a side dish during a nice dinner or as a perfect snack during lunchtimes.

It is always a good time to have some Aruk! it tastes best hot with some freshly squeezed lemon on top.