



## **Maafroom with Tangy Tomato Sauce**

*Meat stuffed potatoes cooked in flavorful tomato sauce*

4 medium Yukon gold potatoes, peeled

### **Ground Meat Filling:**

12 ounces ground beef

2 Tablespoons chopped parsley

1 onion, peeled, finely chopped

2 garlic cloves, minced

1 teaspoon salt

1/2 teaspoon (each) ground black pepper; ground cinnamon

1/2 teaspoon (each) ground nutmeg; ground cumin

1/2 teaspoon baking powder

2 Tablespoons olive oil

**Standard Breading Procedure:**

1 cup all-purpose flour or as needed  
3 eggs  
1 Tablespoon tomato paste  
1/2 teaspoon salt  
About 1 cup canola oil for frying as desired

**Tangy Tomato Sauce**

1 large onion, peeled, thinly sliced  
2 Tablespoons olive oil  
3 large tomatoes with the skin, grated  
1/4 cup tomato paste  
2 to 3 cups water or as needed  
1 teaspoon (each) sweet paprika; salt; granulated sugar

**Garnish:** 1/2 cup chopped fresh parsley  
1 fresh lemon, halved, seeded, juiced

**Prep Potatoes:** Peel potatoes; place in saucepan; cover with cold salted water to soften slightly; set aside.

**Prepare Meat Stuffing:** In a large bowl, place all meat filling ingredients. Using your hands, mix ingredients to combine.

**Cut Potatoes for Stuffing:** Cut potatoes into 3/4-inch-thick segments. Cut each segment  $\frac{3}{4}$  in half but not through the potato segment. It should make a little clam-like segment. Place potato pieces on paper towels. Pat dry. Dust a little flour inside cut in each potato segment.

**Fill Potatoes with Meat:** Take a small ball size portion of meat; flatten; stuff into a potato segment. Lightly squeeze potato segment to enclose the meat. Repeat process with remaining potato pieces and meat filling.

**Bread the Stuffed Potatoes:** Mix eggs with 1 Tablespoon tomato paste and salt. Whisk until mixture turns an even red color. Roll the stuffed potatoes in flour and then dip it in egg mixture right before frying.

**Frying the Potato Wedges:** Place canola oil in large frying pan; heat to medium heat 300 degrees F. Fry stuffed potato wedges until golden brown on both sides. Remove potato wedges to paper lined plate.

**Prepare Tomato Sauce:** In 12-inch-deep frying pan, sauté onion slices in olive oil on medium heat until lightly browned. Stir in remaining sauce ingredients and 3 cups water. Place stuffed potato wedges into sauce vertically along inside edge of pan They will slide down as you fill the pan. Cover; cook on low heat for 30 minutes. Let rest about 10 minutes.

**To Serve:** Sprinkle with chopped parsley; drizzle with fresh lemon juice if desired.

**Recipe by:** a family favorite from Chef Shimi Aaron

**About the Recipe:** This name of the recipe has several different spellings, which include Mafrum, Mafroom, and Mafroum. It is traditionally simmered in a covered pot with the potato “almost” sliced in half and the slit filled with meat. It is a North African/Middle Eastern dish that is often served in Jewish homes. Covered with a delicious tomato sauce, it takes a little time to make but is a complete meal in one dish.