

# SPICE WORLD

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## KIBBEH

SERVES 8



# WHAT'S IN THE KIT?

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In each spice kit, you will receive all the spices and unusual pantry items to make this particular dish.

Please tag us on Facebook and/or Instagram with pictures of your recipes or email them to us at [info@acplwy.org](mailto:info@acplwy.org).

This kit includes:

- 1 cup fine ground bulgur
- 2 teaspoons cinnamon
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon allspice
- 1/4 cup pine nuts

You will need:

- 2 medium to large onions
- 2 pounds of lean ground lamb or beef chuck
- 5-6 tablespoons olive oil
- Salt and black pepper
- Ice water

# A BRIEF HISTORY...

Kibbeh is the national dish in Syria, Jordan, and Lebanon. There are also variations made and enjoyed across Iraq, Turkey, and Cyprus. The dish is said to appear in ancient texts from Assyria and Sumer. There are many ways of preparing this dish and many regional variations. The standard preparation, Kibbeh Nayyeh, is eaten raw, similar to a tartare, but cooked and fried versions also exist (Kibbeh Sahnieh), and that is the recipe included with this kit. (The New Book of Middle Eastern Food)

This recipe serves 8, so halve the recipe for smaller groups. For a meat free option, see the last page.



Eaten in Syria, Lebanon and the rest of the Levant, with versions across the Middle East and Eastern Europe



Traditionally made with lamb meat



# RECIPE

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For the Kibbeh:

- 1 cup fine ground bulgur
- 1 medium-large onion
- 1 pound lean ground lamb or beef (turkey also works, but will be drier)
- 1 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 teaspoon cinnamon
- 1/4 teaspoon cayenne

For the Hashwa (Filling):

- 1 medium-large onion
- 3 tablespoons olive oil
- 1 pound ground lamb or beef
- Salt and pepper
- 1 teaspoon cinnamon
- 1/2 teaspoon allspice
- 1/4 cup pine nuts

# RECIPE

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## Shell

1. Soak the bulgur in cold water for 30 minutes. Drain and rinse
2. Blend 1 onion (quartered), 1 lb. meat, 1 1/2 tsp. salt and 1/4 teaspoon black pepper
3. Remove from food processor and mix in bulgur, 1 teaspoon of cinnamon, and cayenne pepper
4. Return to food processor and blend until you achieve a soft well, blended paste, adding ice water gradually by the tablespoon (start with 2-3) until you achieve a smooth elastic consistency

Tip: If your food processor is small, you may need to work in smaller batches

## Filling

1. For the filling, dice 1 onion and fry in oil until soft
2. Add ground meat, 1 teaspoon cinnamon, allspice, pine nuts and salt and pepper to taste
3. Fry for 10 minutes, turning and crushing the meat until it changes color

# RECIPE

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## Assembly:

**There are two ways to assemble the Kibbeh. One is to make filled football shaped croquettes and fry in oil. The second is to bake in one single dish in the oven and then cut into pieces, like a pie.**



Croquettes: Take a small egg sized ball of the kibbeh paste and poke a hole in it with your finger. Add a spoon or two of filling and pinch to close. You can leave as a ball or pinch the ends to make a football shape. Fry in 350°F oil on stovetop or in a deep fryer for about 10 minutes or until golden brown.

Pie: Preheat oven to 375°F. Grease a large round or rectangular baking dish press half of the shell paste into the bottom of the dish. Spread the Hashwa Filling evenly on top. Wet your hand and take handfuls of the paste and flatten between your palms. Lay them on top of the filling, patching up any holes until it is entirely covered. Cut a criss cross pattern through the top layer through to the filling layer. Sprinkle or brush oil over the top of the pie and bake at 375° for 40 minutes until golden brown.



# VEGAN ALTERATION

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For a vegan option you will need in addition to non-meat ingredients listed above:

- 2 large, ripe tomatoes (1 pound)
- 1/2 red bell pepper, seeded, cored and coarsely chopped
- Juice of 1 lemon
- 1/2 cup olive oil, plus some for garnish

1. Place the bulgur in a medium mixing bowl
2. In a food processor, pulse the onion until it is finely chopped. Add onion to the bowl with the bulgur
3. Halve the tomatoes and remove and discard the seeds. Coarsely chop the tomatoes
4. Add the bell pepper and tomatoes to the food processor. Pulse a few times until they are chopped, but not liquid. Add to mixing bowl.
5. Mix bulgur, onion, and tomato mixture with olive oil, lemon juice, salt, pepper, cinnamon, and cayenne.
6. Let rest at room temperature for 1 hour, so that the bulgur will soak up the juices and soften.
7. Spread on a plate and decoratively score and decorate the top of the mixture with a spoon or fork.
8. Chill until ready to serve and then drizzle generously with more olive oil. Enjoy with salads or bread.