

KIBBEH (BASIC RECIPE)

Middle Eastern Meat Loaf



This is the basic kibbeh dough and basic stuffing mixture. Many variations can be made.

MAIN INGREDIENTS

1 lb. lean beef or lamb, cut into cubes
Salt and pepper to taste
1 lb. fine burghul (3 cups)
1 onion, quartered
½ tablespoon *dibs flayfleh* (red pepper paste), optional
½ tablespoon cinnamon
1 teaspoon allspice
Salt and black pepper to taste

FILLING

1 lb. ground lamb or beef, or a combination
3 large onions, chopped
2 tablespoons vegetable oil
2 tablespoons butter
1/3 cup *snober* (pine nuts)
1 cup coarse chopped walnuts, optional
Salt and pepper to taste
½ teaspoon allspice
1 teaspoon cinnamon

INSTRUCTIONS

Rinse the burghul and squeeze excess water. Set aside for 20 minutes.

Option 1: In food processor, grind meat with salt and pepper, adding ice cubes as the machine is running. Continue to grind until meat is pinkish and pasty in texture. Remove meat from processor.

Run burghul and onion in batches in the food processor, until onions are finely ground. Add the burghul mixture to the meat mixture, with the spices and salt.

Knead together and continue to knead, adding small amounts of cold water as needed to obtain a soft, smooth mixture.

Option 2: In a large bowl, mix with cubes of meat, cut up onion, seasonings and washed burghul. Grind the mixture in batches in the food processor, adding small amounts of water to the mixture while machine is running. Process each batch until mixture is smooth. Remove from processor and place in another large bowl.

After processing the entire mixture, knead together adding small amounts of water as needed to obtain a soft, smooth mixture.

Filling: In a large frying pan, heat oil and butter, add snober, and walnuts if opted, and brown lightly. Add chopped onion and cook until onion is translucent and soft about 10 minutes. Add the ground meat and stir to break up the clumps. Add the seasonings and continue to cook until meat is cooked thru.