

Kibbeh

Kibbeh is commonly known as the national dish of Lebanon. Kibbeh can be eaten raw (*kibbeh naye*,) which is similar to steak tartare and is popular in Lebanon. Another common form is *kibbeh qass*, (which is what our version is similar to,) where the kibbeh mixture is shaped into small, hollowed balls, stuffed with filling and then fried.

Filling:

- 1 medium white onion very finely diced
- 80gm pinenuts
- 300gm minced lamb
- 1 tbs cinnamon
- 1 tbs nutmeg
- 1 tsp of sea salt and white pepper
- 75gm golden raisins roughly chopped
- 2 tbs Chris' Traditional Hommus Dip
- 1 cup of fresh mint finely chopped (plus extra for garnish)

Kibbeh:

- 700gm finely minced lamb
- 1 medium white onion diced
- 2 tbs dukkah
- 1 tsp sea salt
- 2 tbs Chris' Traditional Hommus Dip
- 350gm fine bulgar wheat (softened, dried and made to package instruction)
- 750ml canola oil for deep frying

To Serve:

- Chris' Greek-Style Natural Yoghurt
- A pinch of sumac

- Freshly torn mint
- Salt & pepper

Method:

For the filling:

- In a heavy base fry pan, brown off the lamb, onion, golden raisins, salt and pepper till rich brown and almost dry
- Add pine-nuts and brown until they get colour and remove from heat
- Once cool, add the hommus dip, mint and stir gently until combined
- Set aside

For the Kibbeh:

- Put the lamb, onion, dukkah and hommus into a powerful food processor and process while adding handfuls of dry bulgar. When the mix has emulsified into a sticky dough it is ready. If needed, adjust the mixture with more bulgar or water to reach the desired consistency
- To shape the Kibbeh. Wet your hands in iced water, take a 100gm ball of mixture and flatten evenly on the palm of your hands to form a 10mm thick oval
- Curl palm into a dish and place a tablespoon of filling into it. Close over the Kibbeh, squeeze and form it using wet fingers again each to make points at each end, encasing the filling inside
- Set aside the formed Kibbeh and chill for an hour to firm up
- Heat oil in small heavy based pot or deep fryer to 180°
- Gently fry off the Kibbeh in small batches for 2-3 minutes till golden brown
- Serve while warm with extra hommus, Chris' Greek-Style Natural Yogurt, a pinch of sumac, freshly torn mint and sea salt