

kebbeh

Ingredients

500 grams fine burghul
1½ tsp sea salt
1½ tsp pepper
1 tsp allspice
1 tsp dried mint
2 tbs olive oil
100g toasted pine nuts
Rice bran oil (for frying)
2 onions, 1 finely chopped,
500g minced beef or lamb
500g topside lamb

Kebbeh Shell Mixture

- In a medium bowl, soak burghul. Remove and drain, place aside
- Process topside in a food processor, then remove
- Process onion 1 tsp salt and 1 tsp pepper in processer
- In a large bowl combine topside, onion mixture and burghul, knead until dough like consistency, you may need to add some water to get the desired consistency. Place mixture aside, covered.

Kebbeh Filling

- In a medium frying pan, sauté the finely chopped onion in olive oil
- Add the minced meat and chop well with wooden spoon or spatula.
- Add allspice, salt, pepper and dried mint
- Toast the pine nuts separately, then add to the meat mixture. Remove from heat. Allow to cool

Make Kebbeh and Fry

- Take an egg sized amount of shell mixture and form into a ball, poke a hole in the ball, making a space for filling. Add filling and pinch the top to seal the ball. You can then shape it into a point, or football shape, or leave as a ball.
- Fry in hot oil on stove top or in deep fryer for about 10 minutes or until golden brown. Drain on paper towels. Makes approximately 2 dozen medium sized kebbeh. Great with yogurt

Variation - Kebbeh bi saniyi

Using the same filling and shell mixture, in a deep tray, one layer of shell mixture followed by a layer of the filling finished with another layer of shell mixture coat with ½ cup rice bran oil, cut into squares or diamonds and bake at 180-200 °C until golden