

# Orange Blossom Water

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<http://www.orangeblossomwater.net/index.php/2009/04/01/ush-al-bulbul/>

## Ush Al-Bulbul

From: Family Recipe / Servings: 25 Pieces

### Filling

1 large yellow onion, finely chopped

750 g ground fat free lamb meat

Salt

Black pepper

2 tbsp tahini

3 tbsp pomegranate molasses

Pine nuts

### Dough

[A'jineh Mwarraqah](#)

### To Serve

Salad

Laban Ayran (yogurt drink)

### Filling

Finely chop onion using knife (don't use food processor).

Prepare meat.

Add salt.

Add black pepper.

Add 2 tbsp tahini.

Add 3 tbsp pomegranate molasses.

Add chopped onion.

Mix with hand until completely combined (in the picture still need more mixing).

### Dough

To make the dough, go to the post [A'jineh Mwarraqah](#).

### Assemble

Bring the dough (you can see in [A'jineh Mwarraqah](#), the final shape of the dough), the weight of each piece of the dough is 50 g.

Press it.

Roll.

Spread.

Shape.

Meat is ready.

Dough is ready.

Add meat.

Press meat.

Add pine nuts on top.

Put on an aluminum baking sheet without greasing, and bake until golden brown and the meat is cooked, enjoy with salad or Laban Ayran (yogurt drink).

### **Notes and Tips**

You can make the dough ([A'jineh Mwarraqah](#)) in the same day of making this dish, and use the dough fresh and make this dish (a fresh dough is always better) , if you made the dough before and stored it in the freezer so the first thing is to remove the dough from the freezer early in the morning and let it defrost, then use it (please don't defrost using microwave because the dough will not be good to work with it).

For this quantity of meat we got about 25 Ush Al-Bulbul, so dough needed for this is 25 pieces.

For baking, I used aluminum baking sheet.