

Orange Blossom Water

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<http://www.orangeblossomwater.net/index.php/2010/09/03/lahmeh-meshwiyeh/>

Lahmeh Meshwiyeh

From: Family Recipe / Servings: 16 - 17 Pieces

60 g fine bulgur wheat	Prepare fine bulgur wheat, rinse in several changes with water, then squeeze out all water completely, and set aside for 10 minutes.
500 g fat free ground lamb meat	
120 g sheep/lamb tail fat "liyeh"	Prepare ground lamb meat.
1 small red onion, sliced	To the ground meat add sheep/Lamb tail fat, in Syria the sheep/lamb tail fat is called "Liyeh".
2 to 3 tsp salt, or adjust as you like	To the mixture of meat and liyeh, add onion slices and season with salt and black pepper.
Dash of black pepper	
1/2 cup finely chopped flat parsley leaves	Prepare meat grinder, attach the medium holed plate.
Chopped walnuts, optional	Grind the meat, liyeh, bulgur, and onion together.
<u>To Serve</u>	This is the mixture of meat, liyeh, bulgur, and onion after grinding.
<u>Biwaz</u>	Add finely chopped parsley leaves and mix together.
Arabic flat bread or pita bread	
<u>Fattoush Khudar I/</u> <u>Fattoush Khudar II</u>	This is the mixture of Kabab.
French Fries	To shape the kabab, take a piece of meat mixture and weigh it, I made each piece equals to 46 grams.
Hummus Bet-Tehineh	I got 16 pieces.
Mhammara	Thread onto skewers, if you feel that meat is sticking to your hand so wet your hand with water.
<u>Mtabbal Al-Bathenjan</u>	You can add chopped walnuts to meat pieces, and mix the walnuts with each piece, then thread onto

Laban A'yrān (Yogurt Drink)

skewers.

Heat charcoal grill or electric grill, arrange skewers on grill, cook on both sides until the meat cooked through.

Transfer hot kababs to a plate lined with [Biwaz](#) bread.

Serve lahmeh meshwiyeh hot with [biwaz](#), Arabic bread or pita bread, [fattoush khudar I/fattoush khudar II](#), french fries, hummus, mhammara, [Mtabbal Al-Bathenjan](#), laban a'yrān (yogurt drink).

Notes and Tips

I used ground lamb meat (was ground using medium holed plate), then grind this meat again with liyeh, bulgur and onion as you noticed in steps 7 and 8.

Here is a closer photo of the special [Skewers](#) used for lahmeh meshwiyeh.