

Orange Blossom Water

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Kibbeh Labniyeh

From: Family Recipe / Servings: 5 - 6 People

Kibbeh

Dough

500 g fine white bulgur wheat

1 tsp ground sweet paprika

3 tsp salt

1 medium red onion, cut into quarters

250 g fat free medium ground lamb meat

Lightly salted water

Filling

2 tbsp ghee, for meat

500 g fat free ground lamb meat

1 large yellow onion, finely chopped

1 tbsp ghee, for onion

1 tbsp ghee, for nuts

Nuts (pine nuts and chopped walnuts)

Salt

Kibbeh

Dough

Prepare fine bulgur wheat, rinse it in several changes of water, then squeeze out all water completely, then add to it ground sweet paprika and salt, and set aside for about two hours.

After two hours, attach the fine holed plate to the meat grinder.

To the grinder, add bulgur, and onion quarters, and grind.

To the ground mixture of bulgur and onion, add ground meat, grind the mixture of bulgur, onion and ground meat.

Knead the dough with your hand.

Keep kneading (you can add water until you feel you can shape the dough).

Set the dough aside in the refrigerator covered with damp cloth.

Filling

Heat 2 tbsp ghee.

Add meat to ghee.

Chop onion finely.

Black pepper	Add salt to onion, rinse with water and strain.
<u>Frying</u>	Heat 1 tbsp ghee for onion.
A mixture of olive oil and corn oil	Saute onion until transparent.
Labniyeh	Add onion to meat.
1/3 cup Egyptian short grain rice	Heat 1 tbsp ghee, add pine nuts until brown in color, remove then drain on paper towel.
Boiling water, for soaking rice	Add chopped walnuts to same ghee of step 16 and do the same.
4 cups drained yogurt (Laban Arabi)	
3 1/2 cup water	Add nuts to meat, season meat with salt and pepper.
Salt	Meat is ready.
Garlic Coriander Taqliyeh – Optional	Dough is ready, it is time to shape Kibbeh. (<u>Tip</u> always keep with you a bowl of water with some salt dissolved in to wet your hands while shaping Kibbeh).
Ghee	
Garlic, crushed	Above: two pictures of shaping steps, this final shape is called Saiyah. Always keep wet cloth covers the finished Saiyah. In the post Kibbeh Maqliyeh , we made “Saiyah” and “Aqras”, but in kibbeh Labniyeh we only need “Saiyah”.
Coriander leaves, finely chopped	

Everything is ready, you can see the wet cloth.

Fry it until light golden in color as in the picture. (In [Kibbeh Maqliyeh](#), we fry kibbeh until golden brown in color, but for kibbeh Labniyeh we fry it until light golden in color only). The number of Saiyah (kibbeh) that will be added to Labniyeh are 25 Saiyah

Labniyeh

Rinse rice with cold water in several changes, then boil water, and soak rice in boiled water for 10 minutes, then drain rice and rinse it with cold water in several changes and set aside.

Drain yogurt in a cloth to completely dry (this step

must be done a day before).

In pot, add 4 cups drained yogurt (if you are not using Laban Arabi, you must add cornflour (cornstarch)). And keep stirring (use wooden spoon).

Once yogurt begins to simmer as in picture 30, you can see the bubbles, add water and salt to it.

Keep stirring.

Once yogurt begins to simmer, add rice to yogurt.

Check the rice, once is cooked as picture 34, add the kibbeh , and keep stirring only for 5 minutes, then turn off heat and serve immediately in bowls.

Garlic Coriander Taqliyeh – Optional

Melt ghee and bring to high heat.

Add crushed garlic.

Add finely chopped coriander leaves.

Then add this mixture on top of the kibbeh Labniyeh.

Notes and Tips

If you don't have "Laban Arabi", you have to add cornflour (cornstarch) to the yogurt to prevent curdling.

The measurements of kibbeh (dough and filling) is the same in the post "[Kibbeh Maqliyeh](#)", because from these measurements I made "Kibbeh Maqliyeh" and "Kibbeh Labniyeh" in the same day.

I took about 25 Saiyah and added them to the Labniyeh, and the rest of the kibbeh I made it as Fried Kibbeh.

I have a big quantity of yogurt about two kilograms, so I drain all the quantity of yogurt in a cloth to dry (the day before you plan to make Kibbeh Labniyeh, drain the yogurt), then after all the quantity drained well to dry, I measured 4 cups drained yogurt for cooking Labniyeh).