

# Orange Blossom Water

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<http://www.orangeblossomwater.net/index.php/2009/03/05/kibbeh-maqliyeh/>

## Kibbeh Maqliyeh

From: Family Recipe / Servings: 5 - 6 People

### 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

Black pepper

### 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.

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

### Frying

Add salt to onion, rinse with water and strain.

A mixture of olive oil and corn oil

Heat 1 tbsp ghee for onion.

### To Serve

Saute onion until transparent.

Salad

Add onion to meat.

Laban Ayran (yogurt drink)

Heat 1 tbsp ghee, add pine nuts until brown in color, remove then drain on paper towel.

Add chopped walnuts to same ghee of step 16 and do the same.

Add nuts to meat, add salt and pepper and stir for few seconds then turn off heat, (Note the meat should be completely cooked before adding nuts, when you cook meat, there's water comes from it, but this water during cooking evaporates, so once this happen and the meat is completely cooked and not water remains you can add nuts).

Meat is ready.

Dough is ready, it is time to shape Kibbeh.(Tip always keep with you a bowl of water with some salt dissolved in to wet your hands while shaping Kibbeh).

The first shape is called Saiyah (Sai-yah). Always keep wet cloth covers the finished Saiyah.

The second shape is called Aqras (Aq-ra-s). Always keep wet cloth covers the finished Aqras.

Everything is ready, you can see the wet cloth.

Deep fry, we use a mixture of olive oil and corn oil for frying.

Serve hot with salad or Laban Ayran (yogurt drink).

