

Orange Blossom Water

<http://www.orangeblossomwater.net>

<http://www.orangeblossomwater.net/index.php/2010/10/16/kibbeh-bes-seiniyeh/>

Kibbeh Bes-Seiniyeh

From: Family Recipe / Servings: 8 People

Dough

625 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

Filling

1 large yellow onion, finely chopped

1 tsp ghee, for onion

1 tbsp ghee, for nuts

30 g pine nuts

100 g almond halves

100 g finely chopped walnuts

1 tbsp ghee, for meat

350 g fat free ground lamb meat

Salt

Dough

Prepare fine bulgur wheat, rinse it in several changes of water, then squeeze out all water completely.

Add ground sweet paprika and salt to bulgur, and set aside in the refrigerator for 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 mixture of bulgur and onion, add ground meat.

Grind the mixture of bulgur, onion and ground meat, then knead the dough with your hand.

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

Filling

Finely chop onion, then add salt to onion, rinse with water and strain.

In a pan, heat 1 tsp ghee.

Saute onion until transparent, then set aside.

In another pan, heat 1 tbsp ghee, and add pine nuts and keep until golden brown in color, then remove and place on paper towel and set aside. Then to the

Black Pepper

Assemble

180 g ghee

1/2 tsp black pepper

1 cup lightly salted water

To Serve

Salad

Laban Bi-Khiar (yogurt with cucumber)

Laban A'yrān (yogurt drink)

same ghee, add almonds and keep until golden in color, then remove, place on paper towel and set aside.

To same ghee you used for pine nuts and almonds, add chopped walnuts and keep until golden in color, then remove, place on paper towel and set aside.

In a deep pot, heat 1 tbsp ghee.

Add ground meat.

Once the meat is cooked, add chopped onion.

Add nuts to meat, add salt and black pepper and stir for few seconds then turn off heat, (Note the meat should be completely cooked before adding walnuts, when you cook meat, there's water comes from the meat, but this water evaporates during cooking, so once this happen and the meat is completely cooked and no water remains you can add nuts).

Assemble

In a bowl, add ghee and mix it with black pepper, and set aside.

Prepare two baking dishes, I used two fluted quiche Pyrex dish (each is 10 1/2 inch diameter x 1 3/8 inch (26.7 cm diameter x 3.5 cm), the capacity is 1.6 qt), grease the dishes with knob of ghee.

Prepare 1 cup of lightly salted water, and bring kibbeh dough.

Knead kibbeh dough with your hand, and gradually add the water while you are kneading, I add 1/2 cup of lightly salted water, and knead, you should feel that you can shape the dough easily and rolling it, too.

Divide the dough into four equal parts.

Prepare a plastic wrap, and use it to help you to roll

out the dough.

Roll out the dough into approximately 1/3 inch (0.8 cm) thickness, do this step with the four parts of kibbeh dough.

Place the rolled kibbeh dough on the bottom of the baking dish, and smooth the edges with your fingers.

Add knob of ghee to the surface of the dough and spread with your fingers.

Divide the filling into two equal parts (you will use half of the filling for this baking dish, and the other half for the other baking dish), spread the filling evenly over the layer of kibbeh to within 1/2 inch of edge (1.3 cm) and press the filling with your fingers.

Lay the other piece of the dough over the filling and press strongly, and smooth the edges and smooth the edges with your fingers.

Bring the other 1/2 cup of lightly salted water and dip knife in water, and cut the pie into 8 equal parts, you should cut deeply and reach the bottom layer of the kibbeh.

Dip knife in lightly salted water, and cut 3 parallels evenly spaced on side of the triangle.

Dip knife in lightly salted water, and cut another 3 parallels evenly spaced on the other triangle like mirror.

Dip knife in lightly salted water, and cut two lines evenly spaced on each triangle to obtain diamond shape.

Repeat.

And this is the end result, you will get a star with 8 branches in the center.

These decorations (steps 37 - 44) are done to the

upper surface only, they are shallow and you should not go deeply to the bottom layer of kibbeh.

Dip a knife in lightly salted water, and insert the knifepoint between edges and dish then run it all around.

With your knifepoint, make small cut in each diamond.

Add ghee generously to the surface of kibbeh and spread with your fingers. Repeat all the above steps with the second baking dish.

Heat the oven, turn on the oven upper burner "broiler" on low temperature, and turn on the bottom burner "bake function" at 320°F (160 °C) (I've done this step of heating oven 15 minutes before placing the dish in oven to cook), place the two dishes in the oven (rack position the first from bottom), and cook kibbeh for 30 minutes and after 30 minutes the surface is golden brown in color, so turn off the broiler and keep the bottom burner "bake function" turned on and continue baking for 20 minutes or until the kibbeh is cooked.

Serve kibbeh hot with salad (salad is prepared from tomato, cucumber, flat parsley, mint, onion, lemon juice, olive oil and salt), or Laban Bi-Khiar (yogurt diluted with water and mixed with cucumber cubes and dried mint), or laban a'yrān (yogurt drink), leftovers can be reheated and served hot or can be served cold and they are delicious.

Notes and Tips

The 180 g ghee is mixed with black pepper and used for the two dishes for all the steps from step 24 to 51.

My oven is gas oven and it has two functions:

The oven upper burner "broiler", this has two temperatures which are high and low.

The oven bottom burner "bake function", this is divided into these temperatures (from 248 °F (120°C) to 518 °F (270 °C)).

I can turn on both of them together, and I can turn off one of them and keep the other on.

