



# Kibbeh

(Bulgur and Meat Croquettes)

Kibbeh is a specialty of Iraqi cuisine that dates back to the 8th century. Today, Kibbeh can be found in many different variations from Baghdad to Morocco. In Egypt they are called Kibeeba, in Lebanon they are called Kibbe, and other places they are called Kibbi. Bulgur wheat can be found in health food stores and the Middle Eastern section of many grocery stores. Be sure to get the finely ground variety.

**Prep Time:** 30 minutes

**Cook Time:** 30 minutes

**Total Time:** 1 hour

## Ingredients ↓

### Kibbeh Shell:

- 1 $\frac{1}{3}$  cups finely ground Bulgur wheat
- 1 onion, quartered
- $\frac{1}{2}$  pound lamb or beef, minced
- 1 red chili, diced
- 1 teaspoon salt
- $\frac{1}{4}$  teaspoon pepper

### Stuffing:

- $\frac{1}{4}$  cup onions, chopped finely
- $\frac{1}{2}$  cup pine nuts
- $\frac{1}{2}$  pound ground lamb or beef
- 2 tablespoons olive oil
- 1 teaspoon allspice
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon pepper
- Vegetable oil for frying

## Equipment ↓

- Knife
- Measuring cups
- Measuring spoons
- Spoon
- Food processor
- Cutting board
- Frying pan
- 2 bowls
- Colander or drainer
- Paper towels

# Directions ↓

## To make Kibbeh shell:

- 1 Place Bulgur wheat into large bowl and fill with cold water to cover plus an inch. Soak for 30 minutes, or until most water is absorbed.
- 2 Drain Bulgur wheat. Remove excess water by squeezing cracked wheat between paper towels. Place Bulgur wheat into clean bowl.
- 3 Combine onion, lamb or beef, chili, salt, and pepper to cracked wheat. Mix well.
- 4 Transfer mixture to food processor and pulse until it reaches a dough-like consistency. Set aside.
- 5 Heat olive oil in a large fry pan.

## To make stuffing mixture:

- 6 Sauté onions, pine nuts and lamb in olive oil until brown.
- 7 Add allspice, salt, and pepper and stir. Remove from heat and let cool.

## To assemble the Kibbeh:

- 8 Using your hands or a spoon, take a piece of the dough mixture (about the size of an egg) and shape into a ball. With finger, poke a hole in the ball to make room for the meat filling.
- 9 Stuff some of the filling into the hollowed-out ball. Pinch the top of the ball to seal the dough.
- 10 Shape into a football.
- 11 Continue with remaining dough mixture and filling. You should have enough for about 12 Kibbeh.
- 12 Heat 2 inches of oil in a large pot or fry pan over medium heat.
- 13 Deep fry Kibbeh until golden brown, about 10 minutes.
- 14 Drain on paper towels.
- 15 Let cool slightly and serve.