

Kibbeh (Lebanese Beef Dish)



INGREDIENTS

1. 2 cups *burghol* (bulgur) wheat
2. 2 pounds ground lamb or beef
3. 2 large onions
4. 2 teaspoons salt
5. 1 teaspoon black pepper
6. 1 teaspoon ground cinnamon

Method:

1. Wash wheat several times in cold water. Allow wheat to stand in water for about 1 hour.
2. Finely grind meat and onions. Thoroughly mix with seasonings and wheat. If necessary, moisten hands in a small bowl filled with cold water.
3. *Kibbeh* may be fried, baked plain, broiled, or baked with a filling. When using a filling, spread half of *kibbeh* into a 10- by 10-inch pan that has been greased with butter; be sure to bring mixture all the way to the edge of pan. Add filling. Top with other half of *kibbeh*.
4. Run knife around edge of the pan to help seal layers together. Cut-no deeper than top layer.
5. Bake until brown.