

Kibbeh in warm yogurt sauce (كبة لبنية)

A hearty Syrian dish that brings back happy childhood memories of large family gatherings on feast days; three generations, from grandparents down to a dozen noisy grandchildren, filling the spacious Aleppian house. The delicately tangy smell of warming yogurt would fill the air, announcing the approach of a much anticipated banquet, to be followed soon afterwards by a lively session of tea drinking.



Method

Kibbeh balls:

Wash bulgur with tap water, and drain well immediately.

In a food processor, add bulgur and all of the kibbeh's other ingredients and mix until you get a coarse paste consistency. Shape into small balls (about 2 cm in diameter).

Microwave the balls for 10 minutes. Or boil 4 litres of water and drop the balls gradually to avoid cooling of the water; let them boil for 10 minutes.

Yogurt sauce:

Wash the rice several times then boil it in a generous amount of water until the grains are well cooked and open. Drain, and transfer the drained rice in a pot.

In a bowl, whisk yogurt with the egg, salt, and pepper. Pour it in the pot over the rice, and bring it to a boil, stirring every few minutes.

Mix the starch with half a cup of water, and pour over the yogurt sauce. You may add more water later if the consistency is too thick.

Let it simmer for 15 minutes while stirring every few minutes.

Add the garlic, lemon juice, crushed mint and paprika (if desired), and let the sauce simmer for a few more minutes.

Turn off the heat, drop kibbeh balls in the yogurt sauce, and serve hot or warm. Bon appetit!

Shopping list (for 4 servings)

For Kibbeh balls

1 cup fine bulgur

1 cup minced meat

¼ a large onion

1 tsp salt

½ tsp pepper

For the yogurt sauce

⅔ cup white rice

3 cups plain yogurt

One egg

Salt and pepper to taste

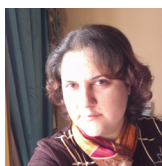
1 tbsp corn starch

2 minced cloves of garlic

1 tbsp crushed dried mint

Paprika as desired (optional)

1 tsp lemon juice



Contributed from Syria by

Noura Tawil

Translator of English-Arabic,
TWB volunteer translator

One in a series of recipes contributed by our volunteers

F2



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