



Fifteenth Annual International Festival—Virtual Edition
St. Cuthbert Church
Kibbeh bel-Saniyeh
Candy and Paul Tannous



Kibbeh bel-Saniyeh (Pan Kibbeh)

Kibbeh made the way Paul's mother made it. Farideh Tannous was a dear woman and a fabulous cook.

You will be preparing two kinds of meat mixtures: the filling, which is fat ground beef, onions, and pine nuts; and the casings, or outside layers, are made of approximately half lean ground beef and half burghul with a little pureed onion mixed in.

Casing:

1 lb. 90% lean ground beef

Run the through the food processor to make it more finely ground.

1 lb. burghul

Place in a big bowl and cover with water until water is about an inch above the burghul; in about 40 minutes, the burghul will have absorbed the water and will be swollen and dry.

Salt, pepper, cinnamon, and allspice or the 7 Spices, approximately ½ to 1 teaspoon, or to taste

Filling:

While burghul is soaking, prepare the filling in a large skillet.

2 large onions (red are best) finely chopped in food processor

Ghee butter or regular butter

1 cup pine nuts

2 lbs. 80% lean/20% fat ground beef

Salt, pepper, cinnamon, and allspice to taste, approximately 1 to 2 teaspoons, or the 7 Spices

For the Filling:

Sauté the pine nuts in butter until toasty brown; drain and set aside. Set aside about ½ cup of the chopped onions to be used in the casing. Sauté the rest of the chopped onions until golden brown and set aside. Brown the beef in the same skillet and season it with salt, pepper, and a little cinnamon and allspice to suit your taste or, use the 7 Spices (see note at the end about the 7 Spices). Crumble beef into little pieces with spatula.

For the Casing:

While the beef is cooking, take the remaining ½ cup of chopped onions and run them through the food processor again so they are nearly pureed. Add them to the very lean meat. Add salt, pepper, cinnamon, and allspice or The Seven Spices to your taste. Work this mixture together very well; knead it in a big bowl, gradually adding the burghul. Take a muscular approach. The kibbeh won't be good if the meat and burghul aren't well mixed together into a smooth consistency.

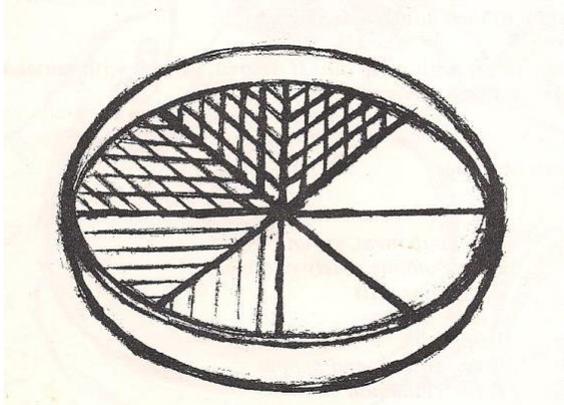
Back to the skillet and the browning ground beef...add the sautéed onions and pine nuts and mix together in a heavenly combination in the skillet. Taste it to make sure it is the way you want it to be for the filling. Turn off heat and let set.

Making the Kibbeh In the Pan:

Take a hunk of the meat/burghul mixture and pat it firmly between your hands to make it stick together and place it in the bottom of the well-buttered pan or quiche dish. Form a bottom layer that is about ¼ inch thick. Dip your fingers in a glass of ice water and smooth the casing. Add the filling so that it is about ½ inch thick. Then, add the top layer of lean meat and burghul. This top layer is a bit tricky. You place it down in a series of pieces or patches that will eventually be smoothed together with the help of a few sprinkles of cold water on your fingertips. This top layer is also ¼ inch thick.

Now comes the fun!

Take a sharp knife and dip it in the ice water and cut the kibbeh into 8 sections like a pie. Then score each section, making a nice uniform design. Add a half tab of butter to each section and bake at 350° F. until kibbeh is very brown and crispy, approximately 30-40 minutes.



This recipe will fill one big 13-inch round pan plus two smaller quiche dishes. You can decide if you'd like to use some of the ingredients to make little kibbeh footballs that can be deep fried or baked in the oven in a shallow pan with butter. Form the little footballs by making a little ball then hollowing out the middle with your thumb or index finger, then add the filling and seal up the hole; use ice water to smooth and shape.

The Tannous family cannot eat kibbeh without lots of laban or yogurt. Sahtein!

About the 7 Spices:

Once upon a time, the exact 7 spices was somewhat of a guarded secret and could vary from family to family. You could hear cooks saying something like, "They don't use caraway, but we do." The 7 Spices as listed on the Phoenicia bottle I have are as follows: **allspice, cinnamon, cloves, cumin, coriander, caraway, nutmeg.**

Burghul and the 7 Spices may be purchased at Phoenicia Specialty Foods.