

Raw Kibbeh

Kibbeh Nayé

INGREDIENTS:

Servings: 2 people

Bulgur	50 g
Very cold leg of lamb	175 g
Chopped small onion	1
Salt and freshly ground pepper	to taste
Lemon wedges	for garnish
Chopped fresh parsley	for garnish
Olive oil	for garnish
Lettuce	for garnish

Servings: 4 people

Bulgur	100 g
Very cold leg of lamb	350 g
Chopped medium onion	1
Salt and freshly ground pepper	to taste
Lemon wedges	for garnish
Chopped fresh parsley	for garnish
Olive oil	for garnish
Lettuce	for garnish

Servings: 6 people

Bulgur	150 g
Very cold leg of lamb	500 g
Chopped medium onion	1
Salt and freshly ground pepper	to taste
Lemon wedges	for garnish
Chopped fresh parsley	for garnish
Olive oil	for garnish
Lettuce	for garnish

Servings: 8 people

Bulgur	200 g
Very cold leg of lamb	700 g
Chopped large onion	1

Salt and freshly ground pepper	to taste
Lemon wedges	for garnish
Chopped fresh parsley	for garnish
Olive oil	for garnish
Lettuce	for garnish

Servings: 10 people

Bulgur	250 g
Very cold leg of lamb	850 g
Chopped medium onions	2
Salt and freshly ground pepper	to taste
Lemon wedges	for garnish
Chopped fresh parsley	for garnish
Olive oil	for garnish
Lettuce	for garnish

Servings: 12 people

Bulgur	300 g
Very cold leg of lamb	1 kg
Chopped medium onions	2
Salt and freshly ground pepper	to taste
Lemon wedges	for garnish
Chopped fresh parsley	for garnish
Olive oil	for garnish
Lettuce	for garnish

TOOLS:

Bowls
Strainer
Chef's knife

Cutting board
Food processor or
heavy mortar and pestle
Wooden spoon
Pepper mill

INFO:

This most beloved and special form of kibbeh, the national dish of Syria and Lebanon, is a mixture of finely cracked wheat or bulgur, grated onion and minced lamb that is pounded into a paste for at least 30 minutes using a mortar and pestle. Eaten raw, and called kibbeh naye, this dish is just as popular in Jordan, Syria and Lebanon as steak tartar is in France. There are a lot of sayings and beliefs surrounding the preparation of this national dish. One such superstition is that someone born with long fingers, which is an advantage when forming these patties, is said to be blessed by the gods.

TIME:

prep time : 00:40

PREPARATION:

Place the bulgur in a bowl, cover with cold water and leave for 3 minutes. Rinse the bulgur in a strainer and immediately squeeze out the excess water.

Cut the meat into small cubes. Place the bulgur in a food processor and work until smooth. Transfer to a bowl. Place the meat and onion in a food processor and work into a smooth paste. In a bowl combine the meat and bulgur. Mix well. Season to taste with salt and freshly ground pepper. Store in the coldest place in your refrigerator until needed.

Arrange the raw kibbeh on a plate and serve with lemon wedges, olive oil, parsley and lettuce. Place some kibbeh on a piece of lettuce, season, wrap and eat.