

Potato Kibbeh Stuffed with Spinach and Walnuts

INGREDIENTS:

Servings: 2 people

Shell:

Boiled and peeled small potato	1
Fine bulgur	1 cup
Grated small onion	1/2
Flour	1/4 cup
Salt and freshly ground pepper	to taste

Stuffing:

Olive oil	2 tsp
Finely chopped small onion	1/2
Washed and chopped spinach	9 oz
Chopped walnuts	1/4 cup
Sumac	1/4 tsp
Nutmeg	a pinch
Lemon juice	1 tbs
Salt and freshly ground pepper	to taste

Oil for deep frying

Servings: 4 people

Shell:

Boiled and peeled medium potato	1
Fine bulgur	2 cups
Grated small onion	1
Flour	1/3 cup
Salt and freshly ground pepper	to taste

Stuffing:

Olive oil	1 tbs
Finely chopped small onion	1
Washed and chopped spinach	1 pound
Chopped walnuts	1/3 cup
Sumac	1/3 tsp
Nutmeg	a pinch
Lemon juice	2 tbs

Salt and freshly ground pepper to taste
Oil for deep frying

Servings: 6 people

Shell:

Boiled and peeled small potatoes 2
Fine bulgur 3 cups
Grated medium onion 1
Flour 1/2 cup
Salt and freshly ground pepper to taste

Stuffing:

Olive oil 1 tbs
Finely chopped small onions 1-2
Washed and chopped spinach 1 3/4 pounds
Chopped walnuts 1/2 cup
Sumac 1/3 tsp
Nutmeg a pinch
Lemon juice 3 tbs
Salt and freshly ground pepper to taste

Oil for deep frying

Servings: 8 people

Shell:

Boiled and peeled medium potatoes 2
Fine bulgur 4 cups
Grated small onions 2
Flour 2/3 cup
Salt and freshly ground pepper to taste

Stuffing:

Olive oil	2 tbs
Finely chopped small onions	2
Washed and chopped spinach	2 1/4 pounds
Chopped walnuts	2/3 cup
Sumac	1/2 tsp
Nutmeg	1/4 tsp
Lemon juice	1/4 cup
Salt and freshly ground pepper	to taste

Oil for deep frying

Servings: 10 people

Shell:

Boiled and peeled medium potatoes	2-3
Fine bulgur	5 cups
Grated small onions	2-3
Flour	3/4 cup
Salt and freshly ground pepper	to taste

Stuffing:

Olive oil	2 tbs
Finely chopped small onions	2-3
Washed and chopped spinach	2 3/4 pounds
Chopped walnuts	3/4 cup
Sumac	1/2 tsp
Nutmeg	1/4 tsp
Lemon juice	1/4 cup
Salt and freshly ground pepper	to taste

Oil for deep frying

Servings: 12 people

Shell:

Boiled and peeled medium potatoes	3
Fine bulgur	6 cups
Grated small onions	3
Flour	1 cup
Salt and freshly ground pepper	to taste

Stuffing:

Olive oil	2 tbs
Finely chopped small onions	3
Washed and chopped spinach	3 1/4 pounds
Chopped walnuts	1 cup
Sumac	3/4 tsp
Nutmeg	1/2 tsp
Lemon juice	1/4 cup
Salt and freshly ground pepper	to taste

Oil	for deep frying
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TOOLS:

Chef's knife
Cutting board
Grater
Juicer
Bowl
Potato masher or
food processor
Pepper mill
Frying pan

Wooden spoon
Strainer
Deep frying pot

INFO:

When Napoleon invaded the city of Akko in the 18th century, this was one of the dishes he tried. He compared it very favorably to the "finest any French chef has ever prepared."

TIME:

prep time : 01:10
cook time : 00:05

PREPARATION:

Prepare the shell:

Mash the potato in a bowl. Add the bulgur, grated onion, flour, salt and pepper. Mix into a dough, then knead for 3-4 minutes. Add 2-3 tbs of cold water, more if needed, if the dough becomes too hard. This can also be done in a food processor.

Prepare the stuffing:

Heat the olive oil and sauté the chopped onion until tender. Add the spinach and sauté until most of the liquid from the spinach evaporates. Add the walnuts, spices and lemon juice. Season to taste with salt and freshly ground pepper. Set aside.

Shape the potato dough into small balls and stuff with the spinach and walnut mixture. Heat oil for deep-frying (350° F). Fry the kibbeh until brown and crisp, approximately 2 minutes. Drain and serve hot or at room temperature.