

Kibbeh with Lemon Tahini



Makes 8 Prep 15 mins Cooking 60 mins Challenge

Ingredients

250g bulgar wheat
50g pine nuts
olive oil
1 onion, finely chopped
1 tsp ground allspice
1 tbsp cumin seeds
400g minced beef

vegetable oil for deep-frying
parsley, chopped, to serve
lemon wedges, to serve
Lemon tahini sauce
150g tahini
3 tbsp olive oil
1 lemon, zested and juiced

1. Put the bulgar wheat in a heatproof bowl & pour over enough boiling water to cover by 5 mm. Cover with cling film & leave for 20 mins to absorb the water.
2. In a large frying pan over medium heat, toast the pine nuts until golden and tip into a bowl. Lower the heat, add 2 tbsp of olive oil and 1/2 the onion, with a pinch of salt. Fry for 10 mins, breaking up the meat with a spoon. Stir through the pine nuts and allow to cool.
3. In a food processor whizz the bulgar wheat, adding a handful at a time, whizzing well between additions. You're looking to blitz to a dough-like consistency. Add the remaining raw mince & raw onion & whizz again. The dough needs to be pliable, so if it's a touch dry, add 1 tbsp of ice cold water.
4. Divide the bulgar dough into 8 and with slightly wet hands, roll into egg shapes/ Use your thumb to press a deep hollow into the centre of the 'egg'. Fill the hollow with 2 tsp of the cooked mince filling. Squeeze the sides and top together to enclose the filling completely, and reform into an egg shape. Put on a tray and repeat with the remaining dough and filling, making 8 eggs.
5. For the sauce, put all of the ingredients into a deep jug with 2 -3 tbsp of water and blitz with a hand blender until smooth. Season.
6. Fill a pan no more than a 1/3 full with vegetable oil and heat to 180C over a medium heat or until a cube of bread browns in 30 secs. Fry the kibbeh in batches for 6 mins, until deep golden brown. Drain them on kitchen paper and keep warm in a low oven while you fry the rest.
7. To serve, spread a couple of tbsp of lemon tahini on a plate, sprinkle with parsley and paprika and top with 2-3 kibbeh. Serve with a lemon wedge & a drizzle of olive oil.