

Kibbe Arnabieh

(A TAHINI-BASED MEAT DISH)

Kibbe Arnabieh is a very special, citrusy, and festive dish that originated in Beirut. It consists of kebbe balls, in a rich tahini based sauce. It is very satisfying, especially during winter time.

INGREDIENTS

◆ To make the kibbe:

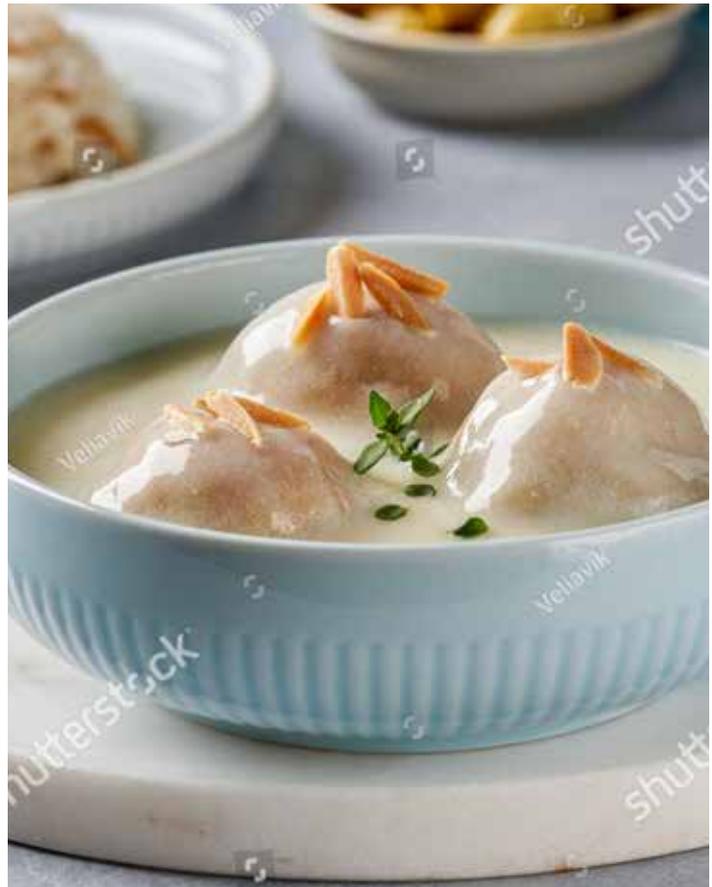
- 200g beef or lamb, finely ground
- 200g white fine bulgur wheat
- 1 tsp salt
- ½ tsp all spices
- ½ tsp cinnamon powder
- 1 tsp dried basil
- 1 onion, minced
- 2 tbsp frying oil

◆ To make the sauce:

- 1 large onion, sliced
- 3 tbsp pine nuts
- 1 cup Cortas tahina (sesame paste)
- 2½ cups bitter orange juice
- ¾ cup lemon juice
- 1 cup beef stock (preferably homemade)
- 1 tbsp Cortas pomegranate molasses
- 1 tsp salt
- ½ tsp pepper
- 1 cup Cortas chickpeas

◆ To serve:

- 4 cups steamed rice



METHOD

- To make the kebbe,combine all its ingredients in a bowl and mix well into a paste-like mixture.
- Keep a bowl of icy cold water near you to dip in the tip of your fingers while you work.
- Form the kibbe into balls, each the size of an egg.
- With your index finger, make a hole on one end of the ball and start turning it, until you get a thin and hollow, egg-shaped ball. Pinch the other end to close.
- Put the kibbe in a pre-heated oven dish and roast it for about 25 mns.
- To prepare the sauce, combine the CORTAS tahina, bitter orange, and lemon juice, in a pot, over low heat, stir constantly until well mixed.
- In another pan, fry the onion until brown and soft. Drop in the pine nuts, fry and add to the sauce.
- Let it simmer. Add the stock, CORTAS molasses, salt, and pepper and simmer for another 20 mns.
- Add the kibbe balls and simmer gently for few more minutes.
- Add the chickpeas to the mix and serve over steamed rice.

Sahtein!