

Vegetarian Kibbe (Lebanon)

Country of origin: Lebanon¹ This traditional dish from the Middle East is popular in countries such as Lebanon², Syria³ and Egypt⁴.

The recipe is a grains mixture based on bulgur wheat.

Ingredients

- 250 g bulgur wheat
- 60 g rolled oats
- 165 ml water
- good pinch salt
- 3 cloves garlic
- 1 medium onion
- 1 large red capsicum (bell pepper)
- 1 stick of celery
- 1 large carrot
- 5 ml dried sage
- 5 ml dried oregano
- 5 ml dried thyme
- 30 ml chopped fresh parsley
- Zaytoun **FAIRTRADE** olive oil
- to taste **FAIRTRADE** freshly ground black pepper
- FAIRTRADE** lemon

Method

Preparation

Soak the bulgur wheat overnight in 650 ml water. Prepare the onion and garlic in the usual way, and de-pith and chop the capsicum.

Wash the celery and chop small.

Peel the carrot and grate.

Cooking

Preheat the oven to Gas Mark 4. Bring 165 ml water to the boil, add the salt and stir, and then add the oats and reduce the heat.

Cover and simmer for 20 minutes, then remove from the heat and pour into a mixing bowl.

Add the bulgar wheat and any water remaining from soaking to the bowl.

Stir fry the garlic, chopped onion, chopped celery and chopped capsicum until soft (using a little sunflower oil).

Add to the bulgar wheat bowl along with the remaining ingredients (grated carrots, herbs).

Season to taste, mix well and turn out into a greased baking dish.

Decorate with bay leaves or lemon slices if you have company.

Bake in the top of the oven for 1 hour.

To serve

Serve hot with a **salsa**⁵.

Variation

This vegetarian Kibbe is simply baked in the oven, however, Kibbe is often made into patties and filled with meat or vegetables.

¹<http://www.fairtradecookbook.org.uk/countries/lebanon.htm>

²<http://www.fairtradecookbook.org.uk/countries/lebanon.htm>

³<http://www.fairtradecookbook.org.uk/countries/syria.htm>

⁴<http://www.fairtradecookbook.org.uk/countries/egypt.htm>

⁵http://www.fairtradecookbook.org.uk/courses_index/sauces.htm

High days and holidays, add a layer of **bread-crums**⁶ and drizzle a little **FAIRTRADE** olive oil over.

Lebanese would use cherry peppers (pimento) in place of the capsicum.

⁶<http://www.fairtradecookbook.org.uk/recipes/breadcrumbs.htm>