

Pumpkin Kibbeh (Bulgur Wheat Kabobs)

By: Blend Of Spice

Makes 12 to 15 Kibbeh or a 9x9 baking dish

Outer Crust:

¼ cup Pumpkin Puree

¾ lb. Lean Ground Beef

¼ of a lg. Onion (Finely Chopped)

1 tsp Arab 7 Spice

½ tsp Ground Cinnamon

½ tsp Ground Ginger

Salt (To Taste)

½ tsp Ground Black Pepper

1 tsp Red Thai Chili Paste

1 cup Bulgur Wheat (Soaked for half hour, drained, ground)

2 tbsp Olive Oil

½ Lemon (Juiced)

-Mix all the crust ingredients until well combined and set aside.

Filling:

1 tbsp Olive Oil

¼ lb. Lean Ground Beef

¼ of a lg. Onion (Finely Chopped)

2 Cloves of Garlic (Finely Chopped)

¼ cup Frozen Chopped Spinach (Thawed, Drained)

Salt/Pepper (To Taste)

1 tbsp Date Molasses or Maple Syrup

½ Lemon (Juiced)

1 tsp Sumac

½ tsp Cayenne Pepper

¼ tsp Turmeric

½ tsp Ground Cumin

½ tsp Ground Coriander

Handful of Pomegranate (Optional)

Handful of Pinenuts (Optional)

Handful of Chopped Walnuts (Optional)

-In a sauté pan, sweat the onions and garlic until they are fragrant and translucent.

-Then add the rest of the ingredients EXCEPT the pomegranate and nuts.

-Brown the meat until it is cooked through and completely dry.

-If there is excess grease or liquid, strain it out so your filling is not wet.

-Wet filling equals soggy kibbeh.

-Remove from heat once the filling is cooked and toss in the nuts and pomegranates.

Assembly:

-To assemble, take 2 mini ice cream scoops of your outer crust and make a flat circle.

-Now add a tsp of the filling and close it up making an oval.

-Place it on a parchment lined baking sheet and pinch the 2 ends of the oval to make a football shape.

-If you want to feed a crowd make a meatloaf version by adding half the outer crust to a greased baking dish, then the filling, then the other half of the outer crust.

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- Score it with a knife and sprinkle with sesame seeds (optional).
- Which ever shape you choose, spray or brush the kibbeh liberally with oil and bake it at 400 degrees for 20 minutes.
- Then broil for an additional 5 minutes until the kibbeh is golden brown and cooked through
- Serve with a side of cranberry chutney or your favorite dipping sauce.