

# Baked Kibbeh

## Ingredients

### For the Shell

2 lbs. ground lamb  
2 cups bulgur wheat  
4 cups ice cold water  
2 tbs olive oil  
1 medium onion, chopped  
1 1/2 tsp. salt  
1/2 tsp. pepper  
1/2 tsp. allspice

Prepare the shell. Soak the bulgur in the cold water for 5 minutes and drain. Mix the bulgur with the lamb, onion, salt, pepper and allspice. Put in a food processor and grind until it's very smooth.

### For the Filling

1 lb ground lamb  
1/2 cup pine nuts  
1/2 cup parsley, chopped  
2 tbs olive oil  
1 medium onion, chopped  
1 tsp. salt  
1/4 tsp. pepper  
1/4 tsp. allspice

Prepare the filling. Lightly cook the meat with the onions, allspice, salt, and pepper. Add the pine nuts with the olive oil and parsley to the meat. Cover and remove from heat.

## Instructions

Heat the oven to 375F.

Use a 9" x 12" baking pan. Spread half of the lamb (shell) mixture on the bottom of the pan. Cover with the filling mixture. Cover with the rest of the shell mixture.

Bake for 35-45 minutes, until shell is done.



*O Saliba*