

Kibe



Ingredients:

- 2 cup of crushed bulgur wheat
- 2 -1/5 (1.200g) of lean ground beef
- 2 yellow onion chopped
- ½ bunch of fresh mint leaves
finely chopped
- ¼ bunch of fresh parsley
finely chopped
- 1/2 tablespoon of ground cinnamon or
allspice
- ½ cup of cashew or pine nut chopped
- Juice from 1 lime
- Salt and pepper to taste

Preparation:

Soak the bulgur wheat in cold water for 1/2 hour (cover 2 fingers above)

Meanwhile prepare the filling:

In a sauté pan, sauté 1 onion and ¼ of the ground beef in medium heat. Remove from heat and add cinnamon, cashew, lemon juice, salt and pepper. Reserve. Drain the water from the bulgur wheat (after 1/2 hour) and put it in a mixing bowl, add the meat, remaining onion, mint leaves and parsley. Season with salt and pepper. Mix well all the ingredients.

Assemble:

In a greased baking tray or Pyrex, put half of the bulgur wheat mix covering the bottom (a thin layer), fill up with the meat filling. Cover with the rest of the bulgur wheat mix, making small flat and thin circles in your hand and covering up. Put some ice cubes in your hand and press gently the meat for making a homogeny cover. Make squares or rhombus with a knife (just mark, don't cut), put small pieces of butter (1 tablespoon) in the top and bake for 20 -30 minutes, 375° F, until golden.

If you want, you can use lamb meat instead beef.

Recipe submitted by Christiana Coimbra Maesano.

Hummus



Ingredients:

1 pack of dried chickpeas or garbanzo beans
2 tablespoons of *Tahini* *
2 cloves garlic, crushed (optional)
Juice from 3 limes
Salt and pepper to taste

* Available at International Grocery Stores

Preparation:

In a small stockpot, cook the chickpeas with plenty of water until tender.

Drain the chickpeas, reserving the liquid aside.

In a blender or food processor, combine remaining ingredients, add the liquid from chickpeas ½ cup at a time. Blend it until thoroughly mixed and smooth.

Place in serving bowl, drizzle with olive oil and garnish with fresh parsley and/or ground paprika.

Serve with toasted pita bread, or cover and refrigerate.

Recipe submitted by Christiana Coimbra Maesano.

Rice with lentils



Ingredients:

2 cups brown dry lentils
5 large yellow onions, sliced thinly
¼ yellow onion chopped
½ pound Chicken Breast
½ pound Extra Lean Ground Beef
3 cups of Basmati or
Long Grain White Rice
Toasted almonds to garnish
Salt, pepper, allspice to taste

Preparation:

Bring the lentils to a boil in the water and simmer, skimming, about 15 minutes, or until nearly tender. Drain the lentils, reserving the cooking liquid aside.

Season chicken breast with salt and pepper and cook with water until tender and shred it. Reserve.

Fry the sliced onions in the oil until they begin to get crisp. Drain the onions on paper towels. Reserve.

In a large saucepan sauté the chopped onion with a dash of oil, add the ground beef and cook for 5 minutes. Add the rice and the cooked lentils. Cover with 2 cup of reserved liquid and 3 cups of water. Season with salt and allspice. Cook over low heat, covered, until rice is tender, about 20 minutes. Top with caramelized onions, shred chicken and toasted almonds.

Recipe submitted by Christiana Coimbra Maesano.