



Trust Carolyn Wine Club

Recipe for pairing with Trust Carolyn
Wine Club November 2017 Selections

www.localstastingroom.com

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Kibbe

Pairs with the 2014 Denier Handal "Don Angelo" Sangiovese/Sagrantino.

Serves 6

Filling:

- 1 med onion, finely chopped
- 2 T olive oil
- ½ # ground lamb, not lean
- ½ t ground allspice
- ½ t salt
- ¼ t cinnamon
- ¼ t black pepper

- ⅓ cup pine nuts, toasted
- ¼ cup fresh herbs, leaves only, finely chopped

Bulgur Mix:

- 1 cup fine bulgur
- 1 med onion, coarsely chopped
- 1# ground lamb, not lean
- 1 t ground allspice
- 1 t salt
- ½ t cinnamon
- ½ t black pepper
- 2½ T olive oil
- ½ cup unsalted butter

Make Filling:

1. Cook onion in oil stirring until golden
2. Add lamb, allspice, salt, cinnamon, pepper, and cook, breaking up lumps until lamb is no longer pink
3. Remove from heat.

Make bulgur mixture:

1. Preheat oven 400.
2. Cover bulgur by 1 inch with cold water in bowl.
3. When dust and chaff rise to surface, pour out water and rinse 2 more times.
4. Cover rinsed bulgur with cold water and let stand 10 min.
5. Drain in fine mesh sieve, pressing hard to remove liquid and transfer to bowl.
6. Pulse onion in food processor to fine chop.
7. Add lamb, allspice, salt, cinnamon, black pepper and pulse until onion is finely minced (meat will look smooth)
8. Add bulgur and mix with hands to combine.

Assemble & Bake Kibbeh:

1. Lightly grease pans with olive oil.
2. Press 1/2 bulgur mix evenly on bottom
3. Spoon filling evenly over bulgur mix
4. Sprinkle pine nuts and fresh herbs.
5. Spoon remaining bulgur mix over filling and spread to cover, smoothing top
6. Brush top with remaining olive oil, score slices or crosshatch pattern with pairing knife
7. Slice butter thinly and place in sliced areas and around rim of pan
8. Bake kibbeh in middle of oven until cooked 35-40 min. For a crust, broil 5 min more.
9. Let stand 5 min before serving
10. Serve with labneh

