



Baked Vegetarian Kibbeh (Kibbeh Lakteen Bil Sanieh)

Serves 4–8

INGREDIENTS

- 125g fine burghul (¾ cup/5½ oz)
- 250g floury potato, peeled and diced (about 1 medium)
- 400g (14oz) can chickpeas, rinsed and drained
- ½ red onion, finely chopped
- 2 teaspoons salt flakes, crushed
- 1 teaspoon Lebanese 7 Spice (baharat)
- ½ teaspoon cumin seeds, coarsely ground
- 2 tablespoons extra virgin olive oil, plus extra for brushing (40ml)
- Plain natural yoghurt or Labneh, for serving

Cabbage Filling

- 2 tablespoons extra virgin olive oil (40ml)
- 1 red onion, finely diced
- Salt flakes, to taste
- ½ cup pine nuts, toasted (50g/1¾oz)
- 220g red cabbage, finely shredded and chopped (about ⅛ cabbage)
- 2 tablespoons dried barberries

METHOD

1. Place burghul in a strainer and rinse well under running water.
2. Drain well then place in a bowl, cover and set aside for at least 2 hours or refrigerate overnight.
3. Preheat oven to 200°C (390°F).
4. Meanwhile, boil potato in salted water for about 10 minutes, until tender. Drain well.
5. Make Cabbage Filling: Place oil in a frying pan over medium heat, add onion and a good pinch of salt. Cover and cook, stirring occasionally, for 15 minutes or so, until starting to colour. Stir in pine nuts, cabbage and barberries and cook for a further 8–10 minutes, until cabbage is quite wilted. Set aside.
6. Place potato and chickpeas in a large mixing bowl and use a potato masher to roughly crush them.
7. Add onion, salt, 7 Spice, cumin and burghul and use your hands to mix thoroughly into a coarse paste. Divide in half.
8. Brush the base and sides of a baking dish well with oil (about 21 x 26cm).
9. Spread half the burghul mixture evenly over the base of the dish, using damp hands to press it down firmly.
10. Spread Cabbage Filling evenly over the top, leaving a 1cm border all around.
11. Use damp hands to flatten pieces of remaining burghul mixture, dotting them over the filling and gently pressing them together to form a smooth layer. Tuck them in around the edges to ensure the filling is completely enclosed.
12. Either run a firm spatula around the sides of the baking dish to loosen the mixture or, if the dish is a little larger, pat the sides of the kibbeh in to ensure the burghul mixture is completely enclosing the filling.
13. Use a firm spatula or pallet knife to mark a diamond pattern in the top layer.
14. Drizzle with oil and brush it evenly over the top.
15. Place in oven for 40–45 minutes, until well-coloured, turning the overhead grill on for the last few minutes if necessary.
16. Using the diamond pattern as a guide, cut kibbeh into pieces and serve with yoghurt or labneh.