



Shish Barak

Makes about 44 pieces

INGREDIENTS

- ¼ very finely chopped brown onion
- ½ teaspoon 7 Spice (baharat)
- ½ teaspoon salt flakes, crushed
- 150g lamb mince
- 1½ cups Lebanese Yoghurt Sauce with herb mixture separate (330ml)
- 1 cup water (250ml)
- Vermicelli Rice, for serving (optional)

Dough

- 175g plain flour, plus extra for dusting
- Pinch salt flakes, crushed
- 110ml water
- Extra virgin olive oil, for rubbing

METHOD

1. Make Shish Barak Dough: Place flour and salt in the bowl of an electric mixer and make a well in the centre. Add water and use a wooden spoon to mix into a rough dough. Transfer to the electric mixer fitted with a dough hook and knead for about 5 minutes, until smooth and elastic; alternatively knead by hand on a lightly dusted surface. Shape into a ball, rub lightly with oil, cover and set aside for an hour or more.
2. Place onion in a mixing bowl, add 7 Spice and salt and mix well.
3. Add lamb and knead with your hands to combine very well.
4. Roll dough out on a flour-dusted work surface until it's quite thin (about 2mm thick).
5. Use a 5cm cookie cutter to cut out discs. Cover them with a clean, dry cloth and reroll the trimmings then cut out more discs.
6. Holding a disc on the fingers of one hand, place about ¼ teaspoon of the lamb mixture in the centre.
7. Fold the sides of the dough up to form a half-moon shape and pinch the edges together to seal firmly, pressing the filling gently to fill the parcel evenly.
8. Fold the halfmoon so that the tips come together and pinch firmly to seal (like a tortellini).
9. Place the parcel on a lightly floured tray, flattening the bottom slightly so it sits in place.
10. Repeat with remaining dough and lamb mixture then cover loosely and refrigerate until ready to cook.
11. Combine Yoghurt Sauce and water in a wide saucepan or high-sided frying pan over medium-high heat. Bring to a boil, stirring frequently.
12. Add half the dumplings, swirling the pan to ensure they're all submerged, reduce heat a little, so the sauce is just gently bubbling, and simmer for about 5 minutes, until tender, swirling the pan occasionally to ensure they aren't sticking.
13. Use a slotted spoon to carefully remove them to a shallow serving bowl.
14. Repeat with remaining dumplings.
15. When all the dumplings are in the serving bowl, increase heat under the sauce and boil rapidly for a couple of minutes, until reduced to a saucy consistency.
16. Stir in the reserved herb mixture and pour over the dumplings.
17. Serve with Vermicelli Rice if you like.