

### Tina's Tidbits

- Red radishes tend to bleed their color when exposed to acidic foods for long periods of time, so add vinegar into radish salads an hour before serving.
- When using a moist topping on bread, it is advisable to spread bread first with



oil or fat; this barrier will help prevent your bread from getting soggy.

### Stuffed Kibbeh

In the Middle East, a Jewish woman used to be judged on her prowess in shaping the *kibbeh* or bulgur wheat crust into long, torpedo-shaped, shelled dumplings, each of which was individually fried. Nowadays, all the hard work of pounding the bulgur with the meat to make the paste and shaping the crust into a thin shell to be stuffed has been alleviated by the more modern technique of layering the cooked filling in between the crust layers and baking the entire *kibbeh*.

#### Crust

- 1/4 cup bulgur (medium or fine grain if you're not using a food processor)
- 2 cups water
- 1 cup coarsely chopped medium onion
- 1 pound ground beef or lamb

- 1/2 teaspoon salt
- 10 grindings of black pepper
- 1 teaspoon cinnamon

#### Filling

- 2 Tablespoons extra virgin olive oil
- 2 cups finely chopped large, sweet onion (Vidalia or Bermuda)
- 1/4 cup pine nuts
- 1/2 pound ground beef or lamb
- 1/2 teaspoon salt or to taste
- 12 grindings of black pepper
- 1/4 teaspoon allspice
- 1/2 teaspoon cinnamon
- 1–2 Tablespoons extra virgin olive oil for coating

1. To make the crust, combine the bulgur and water in a 1-quart glass bowl and microwave on high for 2 minutes. Let the bulgur soak for 10–15 minutes, then drain in a mesh sieve, pressing out most of the liquid. Set aside.

2. Place the onion in a processor work bowl and pulse the machine on and off until the onion is finely chopped. Add the meat, salt, pepper, and cinnamon. Turn the machine on for 10 seconds to form a paste. Add the drained bulgur and process until a smooth paste is formed. Alternatively, if you don't have a processor, finely chop the onion and then add the meat and bulgur. Chop with a large chef's knife until the mixture holds together.

3. Spread half of the meat mixture 1/2-inch thick over the bottom and up the sides of a 10-inch glass pie plate. Set aside.

4. To make the filling, heat a 10-inch sauté pan on high for 15 seconds. Add the olive oil and heat for another 15 seconds. Reduce the heat to medium high and add the finely chopped onions, sautéing until they're soft and lightly golden.

5. Add the pine nuts and sauté until they are lightly golden.

6. Mix in the meat and the remaining ingredients. Using a fork or the back of a large spoon, break up any clumps of meat into crumbles. Cook for approximately 5 minutes or until the meat loses its pink color (don't overcook or it will be rubbery and tough).

7. Pour the cooked mixture into the

center of the meat shell.

8. Wetting your hands with cold water, gently spread the remainder of the crust-meat mixture smoothly over the top so that it completely covers the filling.

9. Top with 1–2 Tablespoons of olive oil.

10. With the tip of a sharp knife, lightly score the meat on the diagonal every 1 1/2 inches to create a diamond pattern.

11. Bake for 30–35 minutes at 400°F until the *kibbeh* top is golden brown and slightly crisp.



12. Cut in wedges and serve as a main course, or cut along scored lines and serve little diamonds as an appetizer. Serves 4–6 people.

### Tina's Tidbit

- Bulgur is wheat that has been steamed, dried, and crushed. Don't confuse it with untreated medium and fine grain. If you are not using a processor, make sure you use medium- or fine-grain bulgur.

### Frittelle Di Riso— Italian Rice Pancakes

According to Jewish-Italian culinary authority Edda Servi Machlin, rice pancakes are traditionally served on Chanukah in Italy because they are fried. I have adapted her recipe so the pancakes are not saturated in oil, and fewer eggs are used. Also, the nuts are roasted first to enhance their flavor and crispness. Served with cinnamon and sugar or honey, these *frittelle* make a lovely side dish, breakfast, or dessert.

- 1 cup Arborio rice (or short- or medium-grain rice)
- 2 1/4 cups water
- 1 teaspoon salt
- 1 cup dark raisins
- 1/2 cup slivered almonds or pine nuts

#### TO LEARN MORE

➔ For additional Jewish recipes, including Dutch Hutspot and a Sephardi Semolina Pudding, as well as answers to your cooking questions, email AskTina@urj.org.