

# Lebanese Baked Kibbeh

a recipe from [www.maureenabood.com](http://www.maureenabood.com)

2 lbs. raw kibbeh

1 tablespoon olive oil

1 cup chopped yellow onion

1 lb. ground beef from chuck

½ teaspoon cinnamon

Salt and pepper

Lemon juice from ½ lemon

½ cup toasted pine nuts

2 tablespoons butter

Preheat the oven to 400 degrees.

Make the stuffing for the sahnneh: in a large frying pan, heat the olive oil until hot but not smoking. Add the onions and about a half teaspoon of salt and sauté until soft. Add the ground beef and season with cinnamon, another half teaspoon of salt, and a few grinds of pepper. Cook until browned, breaking up the meat with a metal spoon into small bits as it cooks. Squeeze the lemon juice over the househ, taste, and adjust seasoning if needed. Stir in the pine nuts and set aside to cool.

Coat a 9x13x2 inch baking dish with oil. Set up a small bowl of ice water where you are working and use the water to coat your hands as you flatten and shape the kibbeh. Use half of the kibbeh to form a flat layer covering the bottom of the baking dish. Smooth the layer with cold water.

Spread the househ evenly over the flat kibbeh layer. Using the remaining kibbeh meat, form another flat layer over the househ and smooth with cold water.

Cut squares (with the traditional diamond pattern if you'd like) into the kibbeh, cutting through to the center househ layer but not all the way to the bottom of the dish.

Place a dab of butter on each square—this adds a wonderful savory flavor and moisture to the kibbeh. Bake in the center of the oven for about 50 minutes, or until the kibbeh is deep golden brown. Be sure to let the kibbeh bake long enough to get nearly crusty on top, otherwise it looks more like a mundane meatloaf than kibbeh.