



RECIPE OF THE WEEK: 09/08/2021
Koubes
(Burghul Croquettes stuffed with Meat)

Koubes is a shell made of cracked wheat with a filling of meat, onion, cinnamon, and parsley. It is a tasty Cypriot street food mainly served in parties, fests and outside football stadiums. It is also served in some Middle- East countries.

Makes 18-20

Ingredients

For the koubes shell:

500g fine cracked wheat
300ml hot water
2 tsp salt
50g plain flour
1 medium onion, grated
1 medium free-range egg
¼ tsp cinnamon

For the filling

2 tsbp extra- virgin olive oil
2 medium onions, finely chopped
1 clove garlic, crushed (optional)
500g pork or beef or a mixture of pork and beef, minced
½ tsp ground cinnamon
4 tsbp fresh flat- parsley, finely chopped
50g pine nuts (optional) sea salt and freshly ground black pepper
oil for deep-frying

To serve:

Lemon quarters

Method

1. Make the shell by washing the cracked wheat in a fine-meshed sieve and squeeze it dry. Put the cracked wheat in a large bowl, cover with the hot water, add the salt and leave aside for at least 2 hours or overnight.
2. Drain any access water from the koubes shell mixture and knead the cracked wheat with the flour, onion, egg, and cinnamon by hand for 8-10 minutes to achieve a smooth paste or 3-4 minutes by using a food processor.

For the filling:

3. Over medium heat, heat the oil in a heavy frying pan until hot and fry the onions for 3-4 minutes until soft and golden. Add the garlic if using and fry for a further minute.
4. Add the meat and continue to cook for 5- 6 minutes stirring well with a wooden spoon to break it up, until the meat is golden brown.
5. Stir in the cinnamon, parsley, pine nuts if using. Taste and adjust the seasoning. Take off the heat and allow it to cool.
6. Wet your hands with cold water. Take a small chunk of cracked wheat mixture the size of a walnut. Holding it in you left hand, make a hole in it with the long finger of the right hand and work into a long slim oval shape about 5-7 cm long. The thinner the shell the better the koubes will be. If the paste cracks, dip a finger in cold water and use it to stick the shell together again.
7. Fill the shell with about a tablespoon of filling. Close the opening by wetting the rim with cold water and close the edges together.
8. Deep-fry the koubes in hot oil until crispy and golden brown. Drain on kitchen paper.
9. Serve hot or cold with a good squeeze of lemon juice.

