

Kibbeh baked in a rich garlicky yoghurt sauce

Yield: 4 min

Total Time: 150 min

Recipe from: <https://www.recipeschoose.com/recipes/bulgur-wheat-recipe-indian>

Ingredients:

- 5 tablespoons Garam Masala or allspice
- 2 tablespoons turmeric
- 2 tablespoons black pepper
- 2 tablespoons cinnamon
- 1 tablespoon paprika
- 1 tablespoon coriander
- 1 tablespoon cumin
- 1 tablespoon cayenne pepper
- 2 tablespoons cumin seeds
- 1 tablespoon rose petals dried
- 1 tablespoon black peppercorns
- 2 teaspoons dried marjoram
- 2 teaspoons dried basil
- 1 teaspoon dried mint
- 1/2 teaspoon cinnamon
- 1 tablespoon spice
- 1 teaspoon salt
- 9/16 pound minced meat
- 1/2 lamb
- 1/2 beef
- 2 onions medium, chopped
- 1/2 teaspoon spice
- 3/4 tablespoon spice mix kamouneh
- 1/4 teaspoon black pepper
- 1/2 tablespoon salt
- 1/2 cup pine nuts
- 1 tablespoon sumac
- 3 5/8 cups bulgur wheat fine
- 1 1/8 pounds mince meat
- 1 onions
- 3/4 tablespoon spice mix kamouneh

- 3/4 tablespoon cornflour
- 1/2 teaspoon spice
- 1/4 teaspoon black pepper
- 1/2 tablespoon salt
- sunflower oil for shaping
- 7 13/16 cups yoghurt plain
- 2 tablespoons cornflour
- 1/2 cup short grain rice
- 1 1/2 cups boiling water
- 1 teaspoon salt
- 3 garlic cloves finely chopped
- 1 cilantro good handful, finely chopped
- 4 tablespoons butter
- 1 pinch dried mint

Nutrition:

1. Calories: 1600 calories
2. Carbohydrate: 165 grams
3. Cholesterol: 240 milligrams
4. Fat: 71 grams
5. Fiber: 35 grams
6. Protein: 83 grams
7. SaturatedFat: 27 grams
8. Sodium: 3490 milligrams
9. Sugar: 24 grams
10. TransFat: 2.5 grams

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