

Lebanese Baked Kibbee

1 pound lean ground beef or lamb
1/2 cup fine- to medium-grade bulgur (crushed wheat)
1 medium onion, finely chopped
2 tablespoons walnuts
2 tablespoons dried parsley
2 tablespoons water
1 tablespoon peanut oil
1/2 teaspoon dried mint
1/4 teaspoon ground allspice
1/4 teaspoon ground black pepper
1/4 teaspoon ground cinnamon

Preheat oven to 350F (175C). Lightly spray PAM in an 8 inch square baking dish or a 9 inch round baking dish.

Combine the meat, bulgur, onion, water, parsley, mint, allspice, pepper, and cinnamon in a food processor. Process until doughy.

Pat half of the meat mixture into the pan. Sprinkle the nuts over the top. Then cover with the remaining meat. While still in the pan, cut the kibbe into 1 ½ inch square or diamond shapes. Brush the peanut oil over the top.

Bake for 30 to 35 minutes, or until firm and browned well. Serve the kibbe from the pan or invert it onto a platter.