

Kubba (Kibbeh)

8 portions, serves 4

Ingredients

- 2 finely diced chicken breasts
- 1 finely sliced onion
- 1 tsp salt
- 1 to 2 tsp curry powder
- 1 to 2 tsp chicken salt
- 2 finely diced large potatoes
- 2 tbsp tomato paste
- Bunch of continental parsley
- 2 ½ cups of plain flour
- ½ cup water
- 1 tsp dry yeast

Instructions for dough

- Wash hands thoroughly.
- Mix flour, water, salt and yeast together in a large mixing bowl.
- Add water slowly, bit by bit, and mix gently until a kneadable soft but not watery dough is formed. Don't over knead or consistency will be chewy.
- Let stand for 30 minutes and allow to rise.

Instructions for filling

- Wash hands thoroughly.
- Heat small amount of oil in frying pan.
- Add onion and brown.
- Once browned, add diced chicken breasts and potatoes with a pinch of salt.
- Once chicken is seared, add diced parsley, tomato paste, curry powder and chicken salt to taste.
- Mix well, turn heat off and allow to cool.
- Roll dough into balls approximately the size of your fist.
- Flatten dough into circles approximately 18 cm in diameter
- Add filling on one side of the dough circle, fold other side over to form a half moon. Pinch open side with fingers to seal.
- Heat cooking oil in frying pan: approximately 3 centimetres deep for shallow frying.
- Once oil is bubbling, add each Kubba to the pan and cook for approximately 2 to 3 minutes on each side, or until golden brown.
- Place Kubba on paper towels to drain excess oil.



Variations on this recipe:

Vary the size of the Kubba according to your preference. Chicken can be substituted for beef, or substitute meat with vegetables such as eggplant. Serve with lemon slices and a side salad including cucumber, parsley, radish, raw red onion and tomato.