

# CARROT KIBBEH WITH GOLDEN RAISINS, ALMONDS, AND WINTER GREENS\*

*Yield: 14 Portions*

<b>Ingredients</b>	<b>Amounts</b>
<i>Toasting Almonds</i>	
Almonds, blanched, sliced	½ cup
<i>Carrot Purée</i>	
Carrots, peeled, cut in 2" chunks	2 lb.
Salt	as needed
Black pepper, ground	as needed
Butter or Extra-virgin olive oil	4 Tbsp.
Onion, large, peeled, finely chopped	1 ea.
Bell pepper, red, large, seeded, finely chopped	1 ea.
Extra-virgin olive oil	¼ cup + 2 Tbsp.
Sweet Paprika, preferably Hungarian	2 tsp.
Tomato paste	1 tsp.
Carrot Purée, (recipe above)	2 cups
Bulgur, fine	1 ½ cups
Swiss chard leaves, washed, dried or spinach	2 bu.
Golden raisins	½ cup

## **Method**

1. *For Toasting the Almonds:* Place the almonds in a single layer on a baking sheet. Place in a preheated 350°F oven. Bake for 5 to 10 minutes or until the nuts are golden brown. Remove from the oven and cool. Chop and set aside.
2. *For the Carrot Purée:* Place carrots in a large saucepan covered with water and bring to a simmer. Simmer for at least 20 to 25 minutes until carrots are very tender. Drain and reserve 2 cups of cooking liquid. Puree the carrots with the liquid and salt and pepper to taste in a food processor.
3. Preheat oven to 375°F.
4. In a small saucepan over medium heat, bring butter to a boil and then reduce the heat to medium low. Simmer for about 10 minutes, until butter turns brown and smells like hazelnuts.
5. The butter has just clarified, the solids will have sunk to the bottom and the water have evaporated, and can burn quickly; turning from brown to black, so you must watch it carefully after 6 minutes of simmering.
6. Strain the clarified butter immediately through a fine sieve into a small bowl. Allow the butter to cool and set aside. If using 4 tablespoons of olive oil, skip this step.

7. In a large sauce pot or soup pan over medium high heat, cook the onions and peppers in  $\frac{1}{4}$  cup olive oil for 8 to 10 minutes, or until the onions are translucent and the peppers are soft. Stir in the paprika and tomato paste.
8. Stir in all of the carrot purée and cook for about 5 minutes, until the carrots are hot.
9. Reduce the heat to low and stir in the bulgur. Turn off the heat, cover, and let stand for 15 minutes. The mixture should be soft like dough.
10. Season with salt and pepper to taste, and stir in about 1 tablespoon of previously made brown butter or 1 tablespoon olive oil.
11. Meanwhile, roughly chop the swiss chard to make the filling.
12. In a medium sauté pan, over medium heat, add 2 tablespoons of olive oil and stir in the chard. Add 2 tablespoons of water to the pan and season the chard with some salt and pepper to taste.
13. Stir the reserved almonds and raisins and continue to cook until the chard is tender and all the water has evaporated from the pan, about 8 minutes.
14. Spray or lightly oil each espresso cup or ramekin. Fill each cup or ramekin with  $\frac{1}{2}$  cup of kibbeh (carrot-bulgur) mixture.
15. Then, using your forefinger, make a hole in the center of each cup so that you almost touch the bottom. The hole should be big enough to fit a couple of teaspoons of filling in the center. This will cause some kibbeh to rise over the cup, which is good, since you will use this to cover the filling.
16. Seal the tops with the overlapping kibbeh. A few little holes may remain, but try to encapsulate the filling the best you can.
17. Place the cups on a heavy baking sheet and bake for 15 to 20 minutes, until they are hot.
18. Turn the kibbeh out of the cups and onto plates and serve.

**Nutrition Information (per portion/serving, prepared with olive oil and 2 teaspoons salt)**

Calories: 235/Protein: 5 g/Carbohydrate: 26 g/Fiber: 6.5 g/Carbohydrate to Fiber ratio: 4  
Saturated fat: 1.5 g/Polyunsaturated fat: 1.5 g/Monounsaturated fat: 9.5 g  
Trans fat: 0 g/Sodium: 315 mg / Potassium: 345 mg / Added sugar: 0 g

*\*This recipe meets 6 of 7 HKHL Recipe Nutrition Goals for an entrée.*

Source: Ana Sortun, as presented at the 2020 Healthy Kitchens, Healthy Lives® conference.  
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