



THE DALEY GRUB

23RD APRIL 2020

GOAT KIBBE & POTATOES TRAYBAKE WITH TOMATO & POMEGRANATE MOLASSES COULIS

Serves 4-6

Preparation time: 35 minutes Cooking time: 45 minutes



INGREDIENTS:

500g ground Goat meat

½ Cup Bulgur wheat
2 onions, finely chopped

A handful of pine nuts
15g flat leaf parsley, finely chopped
½ TBSP ground cumin

1 TSP Cinnamon

1 TSP Ground Nutmeg

¼ TSP Allspice
Salt and pepper

2 tomatoes, cut into slices

4 Potatoes, cut into thin slices and soaked in water for 10 minutes to remove starch.

For the tomato sauce:

1TBSP tomato purée

1 tablespoon pomegranate molasses Salt and pepper

METHOD:

Preheat the oven to 200C

1. In a large bowl, mix one chopped onion, parsley and spices. Season with salt and pepper and thoroughly mix until all the ingredients combined and spices blend in. To avoid the chopping, you could also put the vegetables and spices through a mixer.
2. Add the ground meat to the mixture and again using your hands, knead well until all combined thoroughly and add the bulgur wheat.
3. Sweat the remaining onion on a heavy based pan drizzled with olive oil and add the pine nuts to also brown with the mixture. Season and set aside to cool down.
4. Place the potato discs on kitchen towel to soak off the water and place in the oven with a drizzle of olive oil for 15 minutes until slightly browned but not thoroughly cooked. Season and set aside.
5. Mix the tomato paste and pomegranate molasses in a small bowl, season with salt and ground pepper.
6. Grease a round baking tray with a little olive oil and spread half the tomato sauce onto the tray.
7. Divide the meat mixture into two equal parts. Press one half of the meat mixture and spread evenly retaining the round shape dampening your fingers to smooth. Make sure the spread goes around the edges; once cooked, the meat will shrink a little.
8. Spread the onion and pine nuts filling over the first layer of meat. Repeat the process with the second part of the meat mixture covering the filling and dampening your fingers to smooth over.
9. Pour in the other half of the tomato & pomegranate sauce and place the slices of potatoes and tomatoes over the top. Season well with salt and ground black pepper.
10. Bake in the preheated oven for about 40-45 minutes. Let it rest for 5 minutes and serve with some Labne or Greek yogurt on the side.