

Kubba't Hallab

Ingredients

- 1 cup basmati rice
- salt and pepper to taste
- oil for sauteing and dee frying
- 1 onion, chopped
- 1 lb ground beef, lamb or vegan crumbles
- 1 bunch of parsley, chopped
- 1 egg white or 2 Tbsp aquafaba

Directions

Cook the rice

Soak rice in cold water for an hour, then strain and rinse with cold water.

Transfer rice to a bowl and cover with 3/4" of water. Add salt to taste. Place on the stove over medium-high heat, cover, and bring to a boil. Reduce heat to medium and cook until the water is absorbed, about 15 to 20 minutes. Carefully push the back of a wooden spoon onto the rice, all the way down, to create 5 holes through which the remaining water can steam. Continue cooking for another 15 minutes until the rice is very soft. Turn off heat and let cool, covered.

Prepare the filling

Heat oil on a frying pan over high heat. Add the onion and cook until soft. Add the ground meat and salt and pepper and cook for 5 minutes. Lower heat to medium and add the parsley. Cool until the meat is cooked through and all the juices are absorbed, stirring occasionally. Transfer to a bowl and set aside.

Prepare the kubba

Pour water into a large bowl that you can use to dip your hands in as needed.

Transfer rice to another large bowl. Add the egg or aquafaba to the rice. Using your hands, knead the two together until you get a pretty smooth paste. Dip your hands in water if needed to work the rice.

Dip your hands in water and then grab a handful of rice and shape into a ball. Using a finger, make a large well in the middle. Fill this well 2/3 of the way with ground meat and close with the remaining rice. Shape the kubba into an egg shape.

Deep fry the kubba, a few at the time, until golden. Drain on a rack.

<http://www.marga.org/food/int/iraq/kubbat.html>