



Shish Barak (Middle Eastern Stew)

INGREDIENT LIST:

- 5 cups flour
- 15 cups of water
- 1/4 tsp. yeast
- 1/8 tsp. sugar
- 1 lb. lean ground beef
- 1 small onion
- 1/4 cup pine nuts
- 1 tsp. Lebanese 7 Spices
- 2 lb. Labneh (strained yogurt)
- 2 medium cloves of garlic
- 2 tbsp. fresh crushed mint leaves
- 1/2 medium lemon
- 2 tsp. salt
- 1 tbsp. olive oil

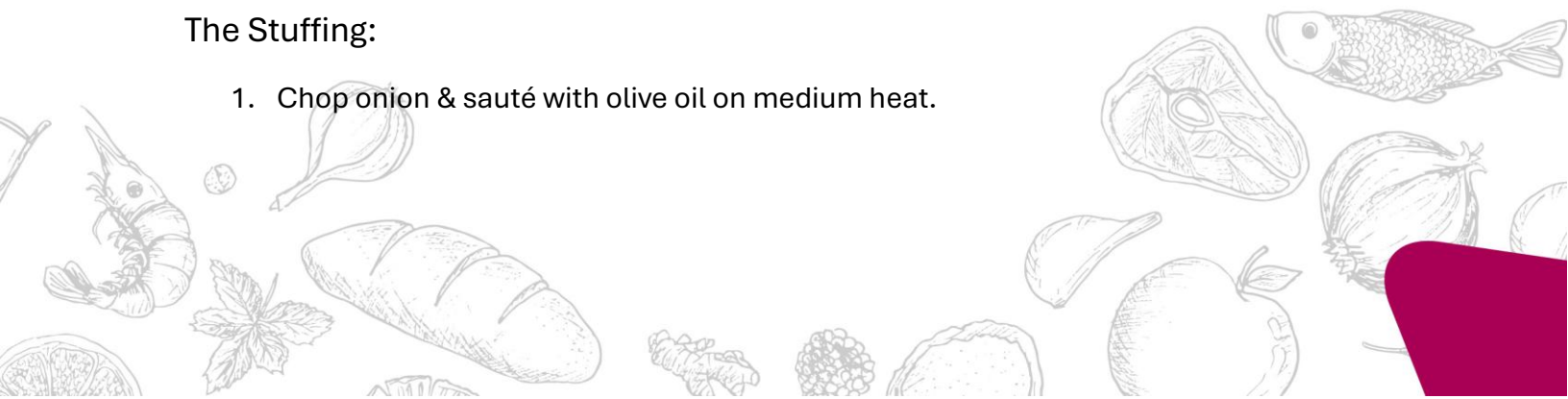
RECIPE INSTRUCTIONS:

The Dough:

1. Mix the yeast in half a cup of warm water with a bit of sugar. Let it rest for a few minutes.
2. Mix and knead the dough ingredients along with the yeast liquid in a bowl, cover, and let rest for 30 minutes.
3. Place dough on the kitchen counter dusted with flour and flatten with a dough roller into a large sheet, the thickness of 2 coins (1/8th of an inch).
4. Using a water bottle lid (or cookie cutter), cut the dough into disks the size of a quarter.

The Stuffing:

1. Chop onion & sauté with olive oil on medium heat.





2. Add ground beef (I used a leaner cut 85/90) and the seven spice to the mix. Cook until the beef is cooked.
3. After about 5 minutes, add pine nuts & cook for a couple of minutes
4. DO NOT OVERCOOK PINE NUTS – Let cool before adding them to the dough wrap.

The Stock:

1. Pour 12 cups of water and 2 lb of labneh (strained yogurt) into a cooking pot, mix well until all the labneh is dissolved, then place on the stove over medium-low heat and keep on stirring gently until it boils, turn to low.
2. Mix in 2 crushed cloves of garlic.
3. Mix in the mint leaves.
4. Add 1/2 to 3/4 teaspoon of salt (to taste).
5. Add juice from 1 freshly squeezed lemon.

Next:

1. Holding a dough disk flat with one hand, add 1/2 teaspoon of stuffing in the center.
2. Fold and close the dough sides over the stuffing into a roundish shape. (The shape does not have to be perfect.
3. Make sure the meat is completely wrapped with the dough (think ravioli).
4. Line up all the dumplings on a flour-dusted plate.

Cooking:

Gently add the dumplings to the yogurt base, bring the stew to a boil again, and then let simmer for 15-20 minutes on low heat while gently but constantly stirring. Serve in a bowl like a soup or stew.

