

## **RECIPE FOR KUBBA shell and filling (for around 150 kubbas 1.5 in. diam)**

**For sweet and sour stew with beets or okra**

*By: Yvette Dabby*

### Recipe for Kubba shell

32 oz Rice flour

16 oz Farina (or cream of wheat, or cream of rice)

1 lb Ground chicken breast

1/2 teaspoon salt

Water (enough to make a smooth but firm paste)

Mix the ingredients above in a food processor.

### Recipe for Kubba Filling

Ground beef (approx. 4 lbs)

3 medium onions

1 bunch of parsley

1 bunch of celery tips (leaves only)

1/2 teaspoon black pepper (large grind)

1/2 teaspoon turmeric

Chop onion, parsley and celery tips in food processor,

Drain in a colander and then squeeze lightly,

Add black pepper and turmeric, then mix in the ground beef,

Shape the mixture into balls the size of hazelnuts

### Making the kubbas

Shape the shell paste into balls the size of a walnut,

Flatten each ball as thinly as you can,

Place the kubba filling on top and gently gather the edges of the shell to cover the filling, making balls about 1 ¼ in. in diameter.

Place the kubbas in a tray, cover with saran wrap, and freeze for future use. (Once kubbas are frozen, in about 24 hours, you can store them in Zip-Lock bags)

## **Recipe for sweet and sour stew of kubba and beets (Kubba Shwander)**

*By: Yvette Dabby*

20 kubbas  
4 medium beets  
1/2 medium yellow onion  
Vegetable oil  
Black pepper  
6 Meatballs  
Lemons  
Sugar  
Water

Dice 1/2 medium onion,

On a medium flame, use 1 tablespoon of vegetable oil and a pinch of black pepper to sauté the onions. Include meatballs in the sauté process,

Wash beets well prior to peeling them. Peel beets and cut into 1/4" slices (do not wash after slicing), add beets to sauté mixture.

After sautéing for a few minutes, add two cups of water and let cook covered for 20-30 min on a low flame. Add liquid as the water level drops to keep beets and meatballs covered while cooking.

Add 1 cup (2 lemons) of frozen or fresh lemon juice and 5 teaspoons of sugar. Taste to satisfaction.

Add 20 kubbas to mixture and cook on high heat for 10 minutes while uncovered.

Cover and cook for additional 15 minutes on a low flame.

*Same recipe can be used with okra in lieu of beets. You can use the small frozen okra.*