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KBEH'BAT, KUTLEH | MINCED MEAT FILLED WHEAT-BALLS COOKED IN BROTH
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shell dough:
1 3/4 cups fine brown bulgur (մանր ձաւար)
1 cup less 2 tablespoons warm water, plus more as needed
1 1/3 cups coarse semolina or cream of wheat (սիմիտ, բոկեղ, جريش)
2 tablespoons wheat flour
2 1/4 teaspoons salt
1/4 teaspoon red Aleppo pepper (կարմիր փոշի պղպեղ)
1/4 teaspoon allspice (անուշ պահար)

filling:
1 lb minced beef, preferably not less than 15% fat
1 large onion, minced
2 cups flat-leaf Italian parsley, chiffonade (մանրուած ազատքեղ)
1 1/2 teaspoons salt
1 teaspoon allspice
1/4 teaspoon black pepper (սեւ փոշի պղպեղ)
1/2 teaspoon red Aleppo pepper
1 tablespoon canola oil
1 teaspoon flour, optional, if you want filling to clump together

salted and oiled water, for cooking
cold water, for cooking

Prepare shell dough. Mix bulgur and water; set aside for 15 minutes. Squeeze out excess water; if any.

Combine bulgur, semolina, flour, salt and spices in a bowl. Knead gently as you add water until a soft, pliable, sticky but not wet dough-like consistency is formed. Cover with a damp towel; rest for an hour.

Meanwhile prepare filling. Mix ingredients until combined. Divide into 40 pieces and roll into balls.

To assemble, have ready a bowl of iced water; to wet hands as and if needed. Divide shell dough into 40 and roll into balls. Working with one ball at a time, make an indentation on one side using your index finger. Keep rolling around to enlarge the indentation, widening and thinning walls more towards the open end. Keep in mind that it will expand when it cooks. Place filling inside, flatten slightly, and slowly pinch ends together to seal. Place on a sheet pan, sealed side down, and prss down to slightly flatten bottom. Repeat. Keep everything covered with a plastic wrap to prevent excess drying as you work.

To cook Kbehbat, or kutleh, bring a pot of salted and oiled water to a boil - you will need to braise them in liquid in several batches. At this point you can season your broth with additional spices if you like.

Drop pieces one at a time into gently boiling water, reduce heat to low and cook for 8-to-20 minutes until soft but not disintegrated; they will float to the top once almost done. Add a cup of cold water to the pot, give it a few swirls then remove kbehbat pieces onto a platter using a slotted spoon - do not omit adding cold water at the end, this keeps dumplings juicier; the shock stops broth from oozing out of the shell. Bring pot back to a boil, lower the heat and repeat with remaining pieces. Serve hot.