

Kishke

Walnut bulgor labneh



Time needed: **40 minutes**

Yields **3 cups**

Notes

Some homes only add walnuts and garlic to the bulgur in labneh, but in my home we grew up eating it this way. It's a complete breakfast meal or snack when eaten with bread. Also kishke refers to a fermented

yogurt and wheat patty prepared all over the levant, this is not the fermented version.

Ingredients

- 1.5 cups labneh (strained yogurt) - or 3 cups yogurt placed in cheese cloth over night
- 1 cup fine bulgor (soak in boiling water for 15 minutes)
- 150 gr walnuts (buzzed or chop finely by hand but not paste)
- 25gr pistachio (buzzed or chop finely by hand but not paste)
- ½ Tbs mild dry chili flakes
- ½ tsp salt
- ½ tsp garlic paste (spices, etc section)
- 1 cup small diced yellow and red bell pepper
- ½ cup small diced firm tomato (seeds removed)
- ½ cup thinly sliced green scallion
- ¼ cup chopped parsley

Garnish

- ½ cup pitted kalamata olives
- 8 pcs whole walnuts
- 2 Tbs olive oil
- 1Tbs chopped parsley
- Pomegranate seeds
- Fresh mint leaves

Directions

Prepare all ingredients according to directions between brackets. Make sure you squeeze the yogurt well if you are making your own labneh. Make sure to squeeze out the fine bulgor well, you may strain and leave overnight. This step ensures cooking the fine bulgor, however you do not want it to become mushy, the end result will look similar to couscous. Mix all ingredients together and serve garnished and chilled.