

Gili's Red Kubah – Meat Filled Semolina Dumplings



Filling:

1 lb. lean ground beef
1/3 cup chopped fresh parsley
½ cup chopped onion
1 teaspoon curry powder
1 teaspoon ground cumin
1 teaspoon garlic powder
1 teaspoon salt
1 teaspoon pepper
1 teaspoon ground allspice

Dough (dumping casing):

1 cup semolina
¾ cup water

Beet Soup:

2 tablespoons olive oil
¾ cup chopped onion
6 medium beets, sliced
1 ½ cups cut carrots
4 cloves chopped garlic
8 cups water
1 ½ tablespoons of Hawayij (Yemenite Ground spice blend used primarily for soups and coffee. Made from cumin, black pepper, turmeric, cardamom, and coriander). Can be found in Middle East Grocery Stores and online.
Optional:
2T soy sauce
1T honey

DIRECTIONS:

1. Prepare the Soup: In a large soup pot, sauté the onion and chopped garlic in olive oil for three minutes. Add the water, garlic, carrots and beets and simmer for at least 10 minutes.

2. Prepare the Dough: Mix together the semolina and water. Let rest for five minutes.

3. Prepare the Kubah:

- Mix together the ground beef, parsley, chopped onion and spices.
- Take 1 spoonful of the meat mixture and make into a ball
- Using wet hands, flatten ½ tablespoonful of the semolina mixture into the palm of one hand.
- Add the meatball to the center of the semolina mixture and cup your hand around the meatball, fully encasing the meat in the dough. Smooth out the semolina mixture, adding a little more dough. if needed.
- Continue making kubah and reserve on a large plate until all are made.
- Bring soup to a high simmer. Add one kubah at a time to the soup placing them next to each other without overlapping or stacking them on top of each other. Simmer in the soup for 10 minutes. When the kubah floats to the top, it is done. Remove the kubah and continue until all are cooked. When ready to serve, put them back in the soup and allow to simmer until heated through.

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Nutrition Facts
Servings: 6

Amount per serving	
Calories	347
% Daily Value*	
Total Fat 7.5g	10%
Saturated Fat 2.5g	13%
Cholesterol 71mg	24%
Sodium 1298mg	56%
Total Carbohydrate 31.5g	11%
Dietary Fiber 4.1g	15%
Total Sugars 11.3g	
Protein 36.4g	
Vitamin D 0mcg	0%
Calcium 54mg	4%
Iron 18mg	99%
Potassium 1120mg	24%

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet.
[2,000 calorie a day](#) is used for general nutrition advice.*

Recipe analyzed by www.verywellfit.com