

Red Lentil Kofte

2 T olive oil	1 T pomegranate molasses
1 red onion, very finely chopped	2/3 C bulgur wheat, finely ground
1 T cumin, ground	Sea salt, fresh ground pepper
1 T zahtar	1 T tomato paste*
1 t sweet paprika	Olive oil, Ground Sumac--for dipping
1/2 C red lentils	

Heat olive oil in a saucepan and saute the red onion for 2-3 minutes. Add the cumin, zahtar and paprika and cook 2 minutes more. Stir in the lentils and then pour in the pomegranate molasses and 1-1/3 cups of water. Cover and simmer for 8-10 minutes until the lentils are almost cooked (slightly al dente). Add the bulgur and the tomato paste, season with salt and pepper and mix well. Tip the mixture out into a bowl and refrigerate for 30-60 minutes until firm.

TO SERVE:

Shape the kofte mixture into small walnut-type shapes and serve with dishes of olive oil and ground sumac for dipping.

Captain's Note:

Couple of things to note on this one: make sure your onion is very small--maybe even do it in a processor, and make sure the bulgur is ground very fine, too. The Kofte will stay together better.

* Recipe traditionally calls for red pepper paste--use it if you can find it, but tomato paste is a good substitute.