

## KOUPES



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### Ingredients (serves 10)

3 cups water

3 tbs oil

3 cups burghul (bulgur or cracked wheat)

oil for deep frying

cinnamon

salt, pepper

Filling

1/2 kg onions

1/2 cup oil

1/2 kg minced pork

parsley, finely chopped

cinnamon

salt, pepper

### Preparation

1. Heat the water to which 3 tbs oil, cinnamon and pepper have been added, until it boils.
2. Stir in the burghul and reduce the heat. Cover the saucepan and simmer until all the water is absorbed and the burghul is soft, adding more water if necessary.
3. Put the burghul aside to cool.
4. Boil the onions until soft.
5. Add the 1/2 cup of oil, minced meat and simmer until the meat starts turning brown.
6. Stir in the parsley, remove from heat and drain.
7. Take 1 heaped tablespoon of burghul, mould it into an oval shape and press a hole at one end with a wetted finger.

8. Put as much filling as it will take and seal the open end firmly.
9. Keep the hands constantly wet while moulding the koupes.
10. Deep fry the koupes in very hot oil.
11. Drain on absorbent paper and serve.

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