

Shish Barak Soup

Ingredients

For the Dough:

- 2 cups all-purpose flour
- 1/2 teaspoon salt
- 1/4 cup Noor Sunflower Oil
- Warm water, as needed

For the Filling:

- 1 pound ground lamb or beef
- 1 onion, finely chopped
- 1/2 teaspoon black pepper
- 1/4 teaspoon allspice
- 1/4 teaspoon cinnamon

For the Broth:

- 10 cups water
- 1 large onion, quartered
- 2 carrots, chopped
- 2 celery stalks, chopped
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 tablespoon dried mint
- 1 tablespoon lemon juice

Instructions

Make the Dough

- In a large bowl, combine flour, salt, and Noor Sunflower Oil.
- Gradually add warm water, kneading until a soft dough forms.
- Cover the dough and let it rest for 30 minutes.

Prepare the Filling

- In a skillet, cook the ground meat and onion over medium heat until the meat is browned and the onion is softened.
- Season with black pepper, allspice, and cinnamon.

Shape the Shishbarak

- Roll out the dough into a thin sheet.
- Cut the dough into small squares.
- Place a small amount of meat filling in the center of each square.
- Bring the corners of the square together to form a pouch.

Make the Broth

- In a large pot, combine water, onion, carrots, celery, salt, and pepper. Bring to a boil, then reduce heat and simmer for 30 minutes.

Cook the Shishbarak

- Carefully add the shishbarak to the simmering broth.
- Cook for 10-15 minutes, or until the shishbarak float to the surface.

Serve

- Ladle the soup into bowls, garnishing with fresh mint and a squeeze of lemon juice.

Enjoy your delicious Syrian Shishbarak Soup!