

Topig: "Little Balls"

Featuring Bulgur

From Armenia

Serves 10

Ingredients

1 cup raw bulgur
2 cups boiling water for raw bulgur
3 potatoes, peeled and chopped equal to 5 cups
2 cups chopped onions
1/3 cup olive oil
1/2 cups pine nuts
1/2 cup walnuts, finely chopped
1 teaspoon cinnamon
1 teaspoon ground allspice
¼ teaspoon salt
¼ teaspoon ground black pepper
1 cup raisins
1 tablespoon honey
2 egg, beaten with a dash of salt and cinnamon
½ cup canola oil for frying



This is an adaptation from a traditional dish served during Lent. The little balls are prepared in large batches for church luncheons. They are wrapped in a handkerchief or cheesecloth and dropped into boiling water. This version calls for an egg white dip and browning in a skillet.

Directions

1. Cover bulgur with boiling water and let it steam, covered, until the water is absorbed and the grain is tender. Boil the potatoes until tender.
 2. Meanwhile, sauté the onions in 1/3 cup olive oil. When they are translucent and soft, mix in the nuts and spices. And the raisins and sauté, stirring frequently. When the mixture is hot, remove it from the heat.
 3. Drain the potatoes and mash them. Combine them with the bulgur, onion-nut mixture and honey. And more salt, honey, and spices to taste. When cool enough, form into little balls, about two inches in diameter. Let cool.
 4. Dip each ball into the egg, salt, cinnamon mixture. Heat the oil in a heavy skillet on medium heat and brown the topigs on all sides.
- Serve hot or cold with yogurt and a lemon wedge or with Tahini Dressing.