



# Cypriot meat filled bulgur shells - Koupes

60'  
Hands on

1 hour'  
Hands off

20'  
Cook Time

20  
Portion(s)

3  
Difficulty



## Method

For the dough

- Rinse the bulgur 2-3 times, until the water comes out clean.
- Drain it and press it in a towel to remove the moisture.
- Place it in a [bowl](#), add the hot water, and leave it there until it absorbs all of the water.
- Add salt, pepper, and cinnamon.
- Add the eggs slowly and mix.
- Knead very well, until the mixture becomes malleable and looks like a dough. If needed, add a little extra water until the bulgur has the texture you want.
- Refrigerate the mixture, covered, for at least 1 hour and prepare the filling.

For the filling

- Heat a [frying pan](#) at medium heat. Then, add the olive oil and the ground meat.
- Sauté the ground meat until browned, and then add the onions, cinnamon, salt, and pepper. Keep sautéing until the onion is golden.
- Add the garlic, sauté for one more minute, and then add the parsley and the fresh coriander.
- Remove from the heat and set the ground meat aside to cool.

To assemble (koupes)

- Place a bowl with water onto your working surface, and take a ball the size of a large walnut from the bulgur mixture.
- Wet your fingers a little, and roll the ball to be shaped like a disc.
- In its center, place a teaspoon of the ground meat's mixture, and fold the bulgur around it so that the filling is at the center of the dough. Usually, koupes are oval shaped, but you can make them round too, like meatballs.
- Prepare all of the koupes and transfer them to a plate.
- Place a medium-sized [pot](#) over medium heat, filled with olive oil 8-10 cm deep.
- When the oil reaches 180°C (356° F), fry the koupes for 6-8 minutes or until they turn nicely golden.
- Serve with lemon juice and slices, and if you want, garnish with parsley and coriander leaves.

## Tip

With the same ingredients, you can make a pie too: Place a layer of the bulgur mixture, ground meat, and another layer of the bulgur. Lastly, bake in the oven like any kind of pie. You can preserve them in the refrigerator and fry them on the next day, or in the freezer for when you need them (in that case, place them onto a tray).

## Ingredients

For the dough

- 250 g bulgur wheat, fine, beaten in a blender
- 350 g water, hot + extra, if needed
- salt
- pepper, freshly ground
- 1 pinch cinnamon
- 2 eggs, large, lightly beaten

For the filling

- 2 tablespoon(s) olive oil
- 300 g ground beef
- 2 onions, medium, finely chopped
- 1/2 teaspoon(s) cinnamon
- salt
- pepper, black
- 1 clove(s) of garlic
- 1/2 bunch parsley
- 1/4 bunch coriander, fresh, finely chopped
- olive oil
- lemon juice, of 1 lemon, to serve
- 1 lemon, slices, to serve

## Διατροφικός πίνακας

Nutrition information per portion

109 Calories (kcal)	4.7 Total Fat (g)	1.3 Saturated Fat (g)	11.0 Total Carbs (g)
5%	7%	7%	4%
1.8 Sugars (g)	5.5 Protein (g)	1.5 Fibre (g)	0.42 Sodium (g)
2%	11%	6%	7%