

FAMILIES OF THE WORLD PROJECT RECIPES

KURDISH BULGUR WITH TOMATO

Recipe rights and credit to: GASHIN ABDULLAH*

***Please acknowledge (through print) when using on menu**

INGREDIENTS (SERVES 10-15 as side)	
QUANTITY	INGREDIENTS
350ml	neutral oil
2	medium white onions
2 tbsp	ghee *optional (Gashin makes her own clarified butter flavoured with fenugreek) or unsalted butter (can do vegan with coconut oil)
1 kg	bulgur (medium coarse - not the most coarse, but not the finest either)
3 tbsp	tomato puree
2 cans	chopped tomatoes
2-3 tbsp	<u>yellow split peas</u>
250g	sweetcorn, beans, carrots, peas - any medley of vegetables available
to taste (Gashin used around 2 tbsp)	sea salt (coarse or fine)
Ratio 2:1	hot water to bulgur (in this case, 1 cup of bulgur is around 200g, so 1kg bulgur needs 10 cups (230 ml for 1 cup) boiling water
200g	mixture of sultanas and almonds (Gashin roasts her almonds in batches beforehand in oil with skins off to release the aroma and use in other dishes - toasted sliced almonds work just as well)

Preparation notes before the session: Ghee and Almonds (method above)

EQUIPMENT
chopping board
knife
one big pot with lid
measuring jug for water and oil
stirring spoon
1 tablespoon
can opener
cooker

RECIPE METHOD**DISH ELEMENT NAME: BULGAR ONE POT**

STEP 1	Dice onions.
STEP 2	In the pot on a medium high heat, add all oil and heat. You need a lot of oil here for this recipe to make sure the bulgar stays nice and moist.
STEP 3	If using, add ghee after about 1 minute and stir to dissolve. turn heat down to medium low.
STEP 4	Add onions to oil and fry to golden brown - stir occasionally. should be a nice rolling fry (lots of bubbles).
STEP 5	Before onions reach golden, add the tomato puree to cook off the sourness, stir to incorporate. Cook until onions reach that golden colour.
STEP 6	When onions are golden, add the chopped tomatoes and stir to incorporate. Cook down for about 5-10 minutes. You want to see the oil rising to the surface, separating from the tomato and onion mixture.
STEP 7	Add 1.5 tbsp salt (you may add more later depending on your taste). stir.
STEP 8	Add the vegetables if using. stir.
STEP 9	In a bowl, mix the bulgur wheat with the split peas together.
STEP 10	Add the bulgur wheat mixture to the pan, stirring slowly and carefully to cover all of the bulgur with the tomato and oil. fry off for about a minute.
STEP 11	Add the boiling water and stir really gently - careful not to break the texture of the bulgur.
STEP 12	Cook about 2 minutes with lid off to release some of the moisture that evaporates (you should see this if you pull spoon through and little liquid trails off), then cover with lid and turn heat down to low. simmer for 10 minutes.
STEP 13	Take off the lid and add more salt to taste. stir gently. serve onto plate
STEP 14	Decorate with sultana and almonds