

# BULGUR

*versatility plus for...*

- breakfast
- lunches
- dinners
- desserts



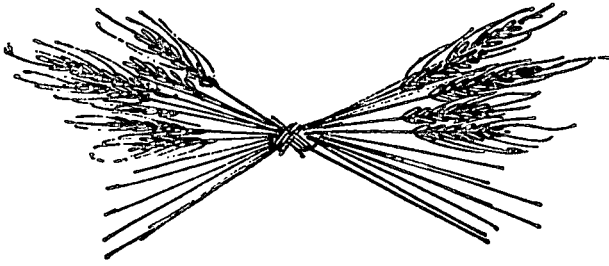
A Pacific Northwest Cooperative Extension Publication

PNW Bulletin 58

Reprinted October 1964

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## BULGUR---*versatility plus*

Wheat has provided good eating for centuries for people all over the earth. Now we have a new way to enjoy the cereal that has been called "the staff of life." Bulgur is the word. It has been known to persons from other countries for hundreds of years, and is prized by them. It is our turn to discover the delights of this form of wheat that is fairly new to residents of the United States.

What is bulgur? It is either soft or hard wheat that has been soaked in water. Then it is cooked in steam or water under pressure or at normal air pressure. After this water treatment, it is dried, and the bran is partially removed. The kernels are either left whole or cut to suitable size (fine, medium, or coarse). Bulgur is not a flour! On food market shelves, bulgur appears in packages under various trade names, such as *Ara Sunnyland Bulghor*, and *Sun-Dry Bulghour*.

These processed wheat particles look a little glassy and are very hard. For this reason bulgur keeps well in a loosely covered container on the shelf in a cool place. The particles are just too hard for insects to bite into.

About spelling the word, bulgur: Since the name comes from a Near Eastern word which English-speaking people find hard to pronounce accurately, the closest spelling seems to be 'Bulgur.' However, you will find it spelled all sorts of ways—for example—bulghour, boughur, bulger, trigor (Spanish term), arusa (from the *Bible*), bulgour, bulgar and boughour. (This word could cause real trouble in a spelling bee.)

Wheat is a good source of most nutrients, although not an outstanding source of any particular one of them. Bulgur wheat combined with meat, eggs, milk or cheese, and with fruit or vegetables makes a highly nutritious meal with appealing flavor.

Versatility plus! There is not a meal in the day that cannot have bulgur in it. Try it as cereal for breakfast or have it in pancakes.

Soups, salads, side dishes, main dishes, and even desserts can be delicious when made with bulgur.

Try your hand at the following recipes and see if you don't glean high compliments from your family for being a genius with wheat!

# BULGUR

## RECIPES



### CHOOSE FROM THE DELICIOUS DOZEN

1. Wheat Treat Cereal  
*Variation: Wheat on the Side*
2. Western Nugget Pancakes
3. Meat with Wheat Stew
4. Carrot Raisin Salad with Bulgur
5. Wheat Meat Loaf
6. Fish'n Bulgur with Cheese
7. Quickie Pilafs
8. ¡Olé!
9. Soups with Wheat
10. Near Eastern Baked Chops
11. Wheat Parfait
12. Wheat Raisin Dessert

## BREAKFAST

### Wheat Treat Cereal

- 2 cups bulgur
- 1 teaspoon salt
- 6 cups boiling water

Add bulgur and salt to boiling water; stir. Cover pan. Cook over low heat about 20 minutes.

Remove from heat and let stand covered for 5 to 10 minutes. Serve hot with milk and sugar for breakfast. Makes about 5 cups.

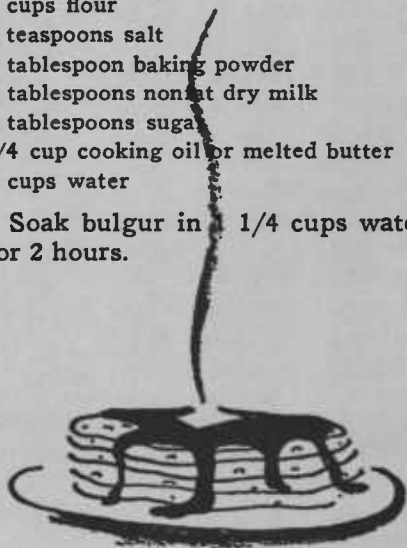
### *Variation: Wheat on the Side*

Cooked bulgur makes a tasty side dish to accompany meat, poultry, or fish in a meal. Use the recipe for Wheat Treat Cereal, but use chicken or beef broth in place of the water in the recipe. For chicken or beef broth, dissolved bouillon cubes serve very well.

### Western Nugget Pancakes

- 1 cup bulgur
- 1/4 cups water
- 2 cups flour
- 2 teaspoons salt
- 1 tablespoon baking powder
- 2 tablespoons nonfat dry milk
- 2 tablespoons sugar
- 1/4 cup cooking oil or melted butter
- 2 cups water

Soak bulgur in 1/4 cups water for 2 hours.



Stir the soaked bulgur, flour, salt, baking powder, dry milk, and sugar together. Add oil or melted butter and 2 cups water; stir only until batter is smooth. Drop by spoonfuls onto a hot greased griddle or frying pan.

Cook slowly until the pancake is covered with bubbles; turn and cook until the bottom is well browned. Makes about twenty 4-inch pancakes.

*Note:* This batter can be made the night before and kept covered in the refrigerator ready for use the next morning at breakfast.

#### Serving suggestions

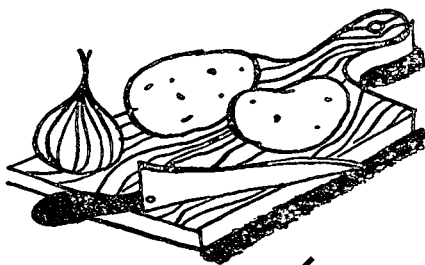
Serve hot with butter and syrup; or rolled with a filling of cooked meat, fish, cheese, fruit, or vegetable; or serve with hot cheese sauce or tomato sauce.

## LUNCH AND DINNER

### Meat with Wheat Stew

- 1 pound boneless meat
- 2 tablespoons fat or oil
- 5 cups water
- 1/2 cup bulgur, uncooked
- 1 1/2 teaspoons salt
- 1/4 teaspoon pepper
- 1/4 cup quartered onions (1 medium or large onion)
- 2 cups diced potatoes (2 medium large potatoes)
- 1 cup diced carrots (about 2 large carrots)
- 1 cup diced celery

Cut meat into cubes. Brown in fat or oil. Add water and cover. Cook over low heat 2 hours or until meat is tender. Add bulgur and seasonings. Cook 20 minutes.



Boil vegetables until tender in just enough water to cover them. Add to the meat mixture. Serve hot. Makes approximately six 1-cup servings.

*Note:* Fish or poultry may be used in place of the meat. (Fresh fish requires less cooking than meat or poultry.)

### Carrot Raisin Salad with Bulgur

- 1 1/2 cups cooked bulgur
- 2 tablespoons French dressing
- 1 1/2 cups shredded carrots
- 1/2 cup raisins
- 1/2 cup mayonnaise
- 1/2 teaspoon salt

Combine cooked bulgur with the French dressing, and chill. Add all the remaining ingredients to the bulgur-dressing mixture. Mix well and chill. Serve in lettuce cups. Makes about 6 servings.

### Wheat Meat Loaf

- 2 1/2 cups cooked bulgur
- 1 egg
- 1 1/4 cups milk (reconstituted nonfat dry milk may be used)
- 2 teaspoons salt
- 1/4 teaspoon pepper
- 1/4 to 1/2 cup chopped onion
- 1/4 cup catsup
- 2 pounds ground beef

Blend all ingredients together. Turn into loaf pan or shape into loaf in shallow baking dish. Bake in moderate oven, 325° F., for about 1 hour or until nicely browned. Makes 10 to 12 servings.

### Fish'n'Bulgur with Cheese

1 cup bulgur  
1/2 teaspoon salt  
3 1/2 cups boiling water  
1 1/2 pounds fish fillets

#### Sauce:

4 tablespoons butter  
2 tablespoons chopped onion  
4 tablespoons flour  
1 teaspoon salt  
1/4 teaspoon pepper  
1 teaspoon dry mustard  
1/2 cup dry milk  
2 cups water  
1 teaspoon Worcestershire sauce (if desired)  
1 to 1 1/2 cups grated Cheddar cheese

Stir bulgur and salt into boiling water and cover pan. Cook over low heat about 20 minutes. Remove from heat and let stand covered for 5 to 10 minutes. Turn into shallow baking dish. Top with fish fillets.

Melt butter and chopped onion in heavy frying pan. Blend in the flour, 1/2 teaspoon salt, pepper, dry mustard, and dry milk. Remove from heat and stir in the milk and Worcestershire sauce. Return to heat and stir constantly until mixture thickens and comes to a boil.

Pour sauce over fish and bulgur. Sprinkle with grated cheese. Bake uncovered in moderate oven, 350° F., for 30 to 35 minutes. Makes 8 to 10 servings.

### Quickie Pilafs

Dehydrated soup mixes with chicken, meat, or vegetable flavors offer a variety of ready-to-use seasoning agents for quick pilafs. Readily available on the market are dried onion, mushroom, chicken noodle, beef noodle, garden vegetable, green pea, and tomato soup mixes. Each of these gives its characteristic flavor to the pilaf.

Add 1/2 envelope of seasoned soup mix to 1 cup dry bulgur. Add 3 cups water to mixture and bring to a boil. Cover; simmer for 20 minutes. Remove from heat and let stand for 5 to 10 minutes.

Adjust seasoning to taste with salt, pepper, and seasoned salt. It may be necessary to increase the water by 1/4 to 1/2 cup if the soup mix contains a starch thickener.

A cup or more of left-over diced meat, chicken, or fish, or a can of tuna fish may be added for a hearty pilaf main dish.

Grated Cheddar cheese, crumbled Bleu cheese, or a sprinkling of grated Parmesan cheese offer flavor variations.

A tablespoon of bacon drippings adds zest to the pilaf flavored with green pea soup mix. This one is especially good with wieners, ham, or canned chopped meat.

Curry (about 1/8 teaspoon) perks up a pilaf which is seasoned with chicken noodle soup mix.

A pinch of *fines herbes* enhances the flavor of the garden vegetable pilaf.

These quickie pilafs are good for camping and mountaineering menus.

—From "Bulgur Recipes," a report prepared in the Western Regional Research Laboratory



¡Olé!

- 1 cup bulgur
- 1 1/2 teaspoons salt
- 3 cups boiling water
- 2 tablespoons cooking oil (or melted lard or butter)
- 2 No. 303 cans stewed tomatoes
- 1/4 teaspoon pepper

Add bulgur and salt to boiling water. Add oil (or melted lard or butter). Stir and cover. Cook on low heat about 20 minutes. Remove from heat and let stand covered for 5 to 10 minutes.

Add stewed tomatoes to the bulgur. Cook slowly until thick. Season with pepper.

Serve hot with cheese sauce or grated cheese sprinkled on top. Makes 6 to 8 servings.

#### Soups with Wheat

- 2 tablespoons dry bulgur
- 1 package dry soup mix OR 1 can condensed soup

Amount of water called for on package or can

After diluting soup mix or canned soup with the appropriate amount of water, add bulgur. Stir

while bringing soup to boil. Cover and let simmer for 20 minutes. For added flavor, add minced parsley during the last few minutes of cooking. Makes 3 to 4 servings.

Serve hot with bread and butter or crackers.

#### Near Eastern Baked Chops

- 3/4 cup uncooked bulgur
- 1 teaspoon salt
- 1 can (10 1/2 oz.) condensed beef or chicken broth diluted with 1/2 can water
- Salt and pepper
- 4 thick veal, pork, or lamb chops
- 2 tablespoons fat (lard, butter, or vegetable shortening)
- 1/2 cup water
- 2 tablespoons lemon juice
- 3/4 cup pitted dried prunes (about 24 medium prunes)
- 1 can (11 oz.) mandarin oranges

Combine bulgur with salt and broth in shallow baking dish. Salt and pepper the chops; brown in shortening; arrange on bulgur. Add water to pan drippings and pour over bulgur. Sprinkle chops with lemon juice. Cover; bake in moderate oven (350° F.) for 50 minutes.

Remove from oven. Place prunes and orange segments on chops, pouring syrup from oranges over all. Cover. Return to oven; bake 20 minutes longer. Makes 4 servings.

If desired, garnish with green pepper strips.

\* Slices of canned chopped meat may be substituted for the chops. In this case, omit the salt in the recipe because the chopped meat tends to be salty itself.



Layer bulgur alternately with crushed pineapple in tall slender glass (parfait glass) or other dessert dish. Sprinkle with cinnamon. If desired, top with whipped cream or whipped topping. Garnishes may include maraschino cherry, sprig of mint, or tiny red dot of cinnamon candy or other candy bits. Makes 6 servings.

#### Variations

In place of pineapple and cinnamon flavoring, use chocolate sauce, instant puddings, or fruit mixtures.

#### Wheat Raisin Dessert

- 2 1/2 cups cooked bulgur
- 2 cups reconstituted nonfat dry milk (3/4 cup nonfat dry milk + 3 cups water)
- 3 tablespoons butter, melted
- 1/3 cup sugar
- 1/2 teaspoon salt
- 1/4 teaspoon mace
- 1/2 cup seedless raisins

Mix dry milk with water. Combine the reconstituted milk with all other ingredients in a baking dish. Cover and bake in moderate oven 325° F. for 45 minutes.

Remove cover, stir, and continue baking uncovered for about 45 minutes or until nicely browned. Serve either hot or cold. Makes 8 to 10 servings.

## DESSERTS

### Wheat Parfait

- 1 cup dry bulgur
- 2 1/2 cups water
- 1/2 teaspoon salt
- 1/3 cup sugar
- Crushed pineapple
- Ground cinnamon

Mix bulgur, water, and salt in saucepan. Cover and cook over low heat until all water is absorbed, 20 to 25 minutes, stirring several times during cooking.

Stir in sugar. Cover and continue cooking over low heat for 5 minutes. Chill.

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Pacific Northwest Cooperative Extension Publication

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Cooperative Extension work in Agriculture and Home Economics, F. E. Price, Director, Oregon State University and the United States Department of Agriculture cooperating. Printed and distributed in furtherance of the Acts of May 8 and June 30, 1914. 18M1064

Published and distributed in furtherance of the Acts of May 8 and June 30, 1914, by the Washington State University Extension Service, C. A. Svinth, Director, and the U. S. Department of Agriculture, cooperating.

Published and distributed in furtherance of the Acts of May 8 and June 30, 1914, by the University of Idaho Extension Service, J. E. Kraus, Director, and the U. S. Department of Agriculture, cooperating.