

Bulgur in Family Meals

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What is bulgur?

Bulgur is either soft or hard wheat that has been soaked in water. It is then cooked in steam or water under pressure or at normal air pressure. Next it is dried and the bran is partially removed. Bulgur is a good food for family meals and is a good source of most nutrients.

Bulgur can be used in main dishes, salads, soups, baked products, desserts, and as a side dish for family meals. It is a good "stretcher" to make meat dishes serve more people.

Bulgur particles are too hard for insects to bite into; therefore, bulgur keeps well in a loosely covered container on the shelf in a cool place.

Using bulgur

Most recipes call for cooked bulgur. It is simple to prepare by this recipe:

Crunchy Bulgur

- 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. Makes 5 cups. Can be used in combination with other foods or served with milk and sugar for breakfast. Chicken or beef broth can be substituted for boiling water to prepare bulgur as a side dish to serve with meat, poultry, or fish.

Less crunchy, cooked bulgur: Use the above directions, but soak bulgur in water overnight before cooking.

Quick Soft Cooked Bulgur

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

Cook according to directions for crunchy bulgur, cooking 30 minutes instead of 20 minutes. Remove from heat and let stand covered for 10 minutes.

Bulgur-Beef Casserole

- 1/2 cup bulgur
- 1/8 teaspoon salt

- 1 1/2 cups boiling water
- 2 1/2 cups canned meat, chopped
- 1/3 cup chopped onion
- 1 cup cooked green beans
- 1 1/2 tablespoons oil
- 2 1/2 cups canned or cooked tomatoes
- 1 1/2 teaspoons sugar

Wash bulgur and add to salted boiling water. Stir and cover tightly. Cook on low heat 20 minutes. Cook the beef and onion in the oil until beef is lightly browned and onion is tender. Combine all ingredients and cook slowly until thick. Serves 6, 3/4 cup each.

Meat Stew With Bulgur

- 1 pound stew 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
- 2 cups diced potatoes
- 1 cup diced carrots
- 1 cup diced celery, if desired

Brown meat in fat or oil. Add water and cover. Cook over low heat 2 1/2 hours or until meat is tender. Add bulgur, vegetables, and seasonings. Cook 20 minutes. Serve hot. If desired, thicken with flour and water mixture. Serves 5, 1 cup each.

Cheese Casserole

- 1 tablespoon butter or margarine
- 2 tablespoons flour
- 1/4 cup nonfat dry milk
- 1 cup water
- 3/4 teaspoon salt
- 1/4 teaspoon powdered dry mustard
- 2 cups grated cheese
- 3 cups cooked bulgur
- 1 egg, beaten
- Crumbs mixed with melted butter or margarine
- 1/4 teaspoon pepper

Melt the butter or margarine and blend in the flour and milk to make a smooth mixture. Add the water slowly and cook over low heat, stirring constantly, until thickened. Add seasonings and cheese; stir until the cheese is melted. Remove from heat and stir in the bulgur and egg. Place in a baking dish; sprinkle with crumbs. Bake at 350° F (moderate oven) for 30 minutes. Serves 6, 2/3 cup each.

Chili Bulgur

- 1/2 large onion
- 2 1/2 cups canned beef, chopped
- 1 1-pound can tomatoes
- 1 tablespoon chili powder
- 3 cups cooked bulgur

Cook chopped onion and beef in fry pan until meat is brown, stirring with fork. Add tomatoes, chili powder, and cooked bulgur. Cover and cook over low heat for 20 to 25 minutes. Serves 6.

Chopped Meat Casserole

- 1/4 cup nonfat dry milk
- 1 1/2 cups diced canned meat
- 3/4 cup shredded cheese
- 1 cup cooked bulgur
- 1 cup hot water
- 2 eggs, beaten
- 1 teaspoon chopped onion

Combine all ingredients. Stir to mix well. Pour into greased baking dish. Bake at 325° F for 30 minutes. Serves 6, 1/3 cup each.

Barbecued Beef

- 2 1/2 cups canned beef, chopped
- 2 tablespoons chopped onion
- 2/3 cup boiling water
- 1/4 cup bulgur
- 2/3 cup canned or cooked tomatoes
- 1 tablespoon sugar
- 1/2 teaspoon chili powder
- 1/4 cup grated cheese

Wash bulgur. Cook beef and onion until beef is brown and onion is tender. Combine all ingredients except the cheese; cover and simmer 30 minutes, stirring occasionally. Add cheese to meat mixture. Reheat. Serve over toasted buns. Serves 6, 1/3 cup each.

Meatballs

- 1 1/4 pounds ground hamburger meat
- 2/3 cup cooked bulgur
- 1 egg, beaten
- 2 tablespoons nonfat dry milk
- 1/3 cup water
- 1 1/4 teaspoons salt
- 1/4 teaspoon pepper
- 2 tablespoons butter or margarine
- 1/4 cup flour
- 2 cups beef broth

Combine beef, bulgur, egg, milk, and seasonings. Add water, mix well to blend. Form meat mixture into balls the size of a walnut. Melt butter or margarine in a fry pan; add meatballs and brown on all sides. Remove

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meatballs; add the flour to drippings in the pan. Stir in the broth and cook until thickened, stirring constantly. Place the meatballs in the gravy; cover and simmer over low heat for 1 hour. Serves 6.

Bulgur Meat Loaf

1 pound ground beef
1/2 cup bulgur
1 cup water
2 tablespoons catsup
Add seasonings to taste

Mix all ingredients together in bowl. Mixture will be quite soft. Shape into loaf pan. Bake in 325° F (moderate) oven for 45 minutes. Serves 6.

Beef-Vegetable Soup

2 1/2 quarts water
1 1/2 pounds beef neck
1 to 2 pounds beef knuckle bones
1 cup diced potatoes
2 1/2 cups cooked bulgur
1 cup sliced carrots
1 No. 303 can tomatoes
1/2 cup chopped onions
2 1/2 teaspoons salt
1/4 teaspoon pepper

Simmer water, beef neck, and knuckle bones together 2 to 3 hours, or until meat is tender. Take out meat and bones and skim off fat. Remove all meat from bones and dice. Add vegetables, bulgur, and seasonings to broth and continue cooking until vegetables are tender, about 20 minutes. Add meat to mixture and reheat. Makes about 2 1/2 quarts soup.

Bulgur Pancakes

1 cup bulgur
1 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
2 cups water

Wash bulgur. Soak in 1 1/4 cups water for 2 hours, or overnight. Stir the bulgur, flour, salt, baking powder, dry milk, and sugar together. Add oil and 2 cups water and 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 20 4-inch pancakes.

White Bread With Bulgur

2 packages active dry yeast or
2 cakes compressed yeast
2 1/4 cups lukewarm water
7 cups sifted all-purpose flour

1/2 cup nonfat dry milk
1/4 cup sugar
4 teaspoons salt
1/4 cup melted shortening
1 cup cooked bulgur

Dissolve yeast in lukewarm water. Sift dry ingredients. Add 1/2 of the dry ingredients to the yeast mixture. Stir slightly. Add shortening and beat well, until mixture is smooth. Add cooked bulgur and remaining dry ingredients and mix well. If dough is soft and sticky, gradually add additional flour to form a soft dough. Knead on floured board until dough is smooth, satiny, and elastic. Form dough into a smooth ball. Place in a greased bowl and turn to grease top. Cover and let rise in a warm place (about 85° F) until increased 2 to 3 times in volume, about 1 hour. Punch down. Cut into 3 equal portions. Form each portion into a ball, cover, and let rest on table top about 15 minutes. Shape into loaves and place in lightly greased loaf pans. Let rise in a warm place (about 85° F) until increased 2 to 2 1/2 times in volume, about 1 1/2 hours. Bake at 400° F (hot oven) 35 to 40 minutes. Makes three 1-pound loaves. If rolls are desired, pinch off small rolls 1 1/4 inches in diameter, shape and place on lightly greased sheet pans. Let rise until double in size. Bake at 400° F for 15 minutes.

Peanut Butter Bars With Bulgur

1/3 cup peanut butter
2 tablespoons butter or margarine
1 1/4 cups sugar
2 tablespoons nonfat dry milk
2 eggs, beaten
2 teaspoons lemon juice
1/2 cup water
1 1/2 cups sifted flour
2 teaspoons baking powder
3/4 teaspoon salt
1/4 cup cooked bulgur
1/3 cup chopped raisins, if desired

Cream the peanut butter and fat until light and fluffy. Gradually add the sugar and cream until well blended. Stir in the milk. Combine eggs, lemon juice, and water; add alternately with the flour, baking powder, and salt to the creamed mixture. Stir in the bulgur and raisins. Place batter in a greased 9 by 13 by 2 inch baking pan. Bake at 375° F (moderate oven) for 15 minutes or until light brown. Frost with Peanut Butter Cream Frosting while warm.

Peanut Butter Cream Frosting

1 tablespoon butter or margarine
3 tablespoons peanut butter
1 2/3 cups confectioner's sugar
2 teaspoons nonfat dry milk
Few grains salt
2 1/2 tablespoons warm water
1 teaspoon lemon juice

Cream the fat and peanut butter together until light and fluffy. Stir in milk. Add remaining ingredients and beat until well blended. Makes 1 cup.

Baked Custard With Bulgur

1/2 cup nonfat dry milk
1/2 cup sugar
6 eggs, beaten
1/2 teaspoon salt
1/2 teaspoon cinnamon
1 teaspoon vanilla
1 3/4 cups hot water
1/2 cup raisins
1 cup cooked bulgur

Combine milk and sugar. Add eggs, salt, and flavorings. Slowly stir in hot water. Add raisins and bulgur. Pour into a greased baking dish. Set baking dish in a pan of hot water. Bake at 350° F for 35 minutes, or until custard is set. Serves 6.

Old Fashioned Bulgur Raisin Pudding

3/4 cup nonfat dry milk
2 cups cooked bulgur
3 cups water
1/4 cup sugar
1/2 teaspoon salt
1/2 cup raisins
1 teaspoon vanilla
1/2 teaspoon cinnamon
or nutmeg, if you like

Combine milk and bulgur. Add remaining ingredients. Pour into a baking dish. Cover and bake at 325° F (slow oven) for 45 minutes. Remove cover, stir, and continue baking uncovered for 45 minutes or until browned. Serves 6.

Western Bulgur Salad

1 cup uncooked bulgur
2 cups cold water
1/2 teaspoon salt
1/4 cup French dressing
1 cup cooked peas
1/4 cup sweet pickle
2 tablespoons onion, chopped
1 cup cubed cheese
1/4 cup mayonnaise

Cover bulgur with cold water, add salt, and cover tightly; when it begins to boil, reduce heat and simmer 15 minutes. Drain. While warm, marinate in the French dressing. Chill.

Add peas, sweet pickle, onion, cheese and mayonnaise; toss lightly together. Salt to taste. Turn into bowl and chill.

Other ways to serve bulgur:

- Add to your favorite soups, stews, and vegetables.
- As a cereal with milk and sugar.
- Serve fresh or canned fruit on hot or cold cooked bulgur.
- Add cut-up cheese to cooked bulgur.
- Add dried fruit, such as raisins, to bulgur as it is cooking.