



Eat and drink, but waste not by excess (Al-A'raf 31)
Banu Atabay's Mütevazı Lezzetler® Turkish cooking recipes

Bulgur Salad

Kısır



2 cup fine bulgur (cracked wheat)
12 scallions
Half bouquet parsley
1 tbsp tomato paste
1 tbsp pepper paste
6 tbsp olive oil
1 tbsp salt
Juice of a lemon
Romaine lettuce leaves

Clean the bulgur, wash and drain, rest in 2 cup hot water after covering the lid for 20 minutes.
At the end of the time add salt, tomato and pepper pastes, olive oil on it, and mix.
Add finely sliced scallions and parsleys, then finally pour lemon juice all over and mix.
Serve with romaine lettuce leaves.

Note: Bulgur Salad is called "Karma Katma" in Southern-East region of Turkey. Pomegranate syrup is used instead of lemon juice.