

KISIR

TURKISH BULGUR WHEAT SALAD

Turkish Bulgur Salad is refreshing, spicy, tangy and loaded with herbs. It's the perfect salad to make in spring. You can't stop once you start eating this salad. There are two ways of making Turkish bulgur salad. In the first method, chopped onion is sautéed in olive oil with a little pepper or tomato paste. In the second method, all ingredients in the salad are raw and chopped finely. We love both versions. You can test it yourself and decide. In the videos, our pupils made kisir in the way they liked. You are free to add anything you like or remove some ingredients. You can add parsley, green onion, chopped lettuce, fresh dill, garlic, gherkins or even red cabbage. So it's up to your creativity and taste!

Ingredients (serves 4):

1 cup fine bulgur, better if brown
1 teaspoon dried mint
1 teaspoon chili powder
1/4 teaspoon cumin
1/4 teaspoon black pepper
½ tsp salt
1 cup hot water
1/2 cup olive oil
1 onion, finely chopped
1 tablespoon pepper paste



1 lemon, squeezed
1 tablespoon pomegranate molasses
4 green onions, finely chopped
1 tomato, finely chopped (optional)
1 cucumber, finely chopped
½ bunch of parsley, finely chopped
1/2 bunch of fresh dill, finely chopped
A few fresh mint sprigs, finely chopped
Chopped lettuce
Grape leaves or lettuce to serve

Preparation:

Put bulgur and spices in a large bowl.

Pour hot water over them and cover with its lid or with a piece of cloth. Let it sit until bulgur rises, about 10 minutes.

Meanwhile chop all the herbs.

Heat olive oil in a pan and sauté finely chopped onion with pepper paste. When the soaked bulgur rises, pour sautéed onion over it and stir well.

Add in lemon juice and pomegranate molasses, stir well.

Toss in all the chopped herbs and give it a good stir.

Optionally, you can serve pickles, tomatoes and cucumbers with this salad.

Afiyet Olsun! (Recipe Translation resource: <https://www.giverecipe.com/turkish-bulgur-salad-kisir/>)

