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Wheat's Wonderchild: Bulgur

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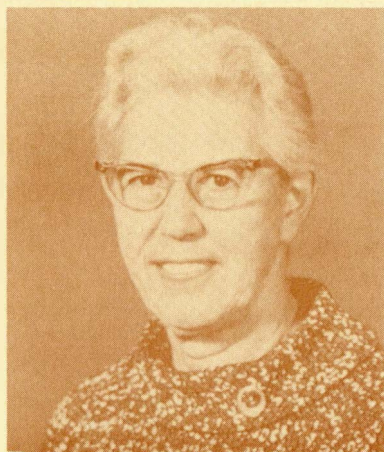
Wheat's Wonderchild

Bulgur



South Dakota State University
Agricultural Experiment Station
Brookings, South Dakota

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This publication is the result of research
 by the Agricultural Experiment Station,
 under project H-704
 "Utilization of Cereal Grains and the Edible Legume Proteins
 to Modify Nutritional Quality of Foods."

Wheat's Wonderchild

Bulger, bulgur, bulgor, or boulgur refer to an ancient food, "Arisah" from Old Testament times. This Hebrew word is translated as "dough" or "coarse meal" in more recent versions of the Bible.

Traditionally, bulgur was made by boiling whole wheat grains in open vessels with a minimum amount of water until the kernels were soft and tender. The cooked wheat was then spread in thin layers to be dried in the sun. The coarse bran (seed coats) was then removed by sprinkling water on the kernels and rubbing the moistened grain by hand. The hard, vitreous grain was then cracked between stones or a crude mill, and stored in large open earthenware jars to lessen the development of rancidity and off flavors.

Bulgur was prepared by heating it in a minimum amount of water or by steaming for 15 to 20 minutes. In the Near East when bulgur was prepared with a little oil, meat broth or soup stocks and seasonings, the dish was known as pilaf.

Since World War II, bulgur has been processed in the United States. Most production is from hard red winter wheat; however, a more refined product is made from the white wheats. The U.S. Department of Agriculture has authorized the exporting of bulgur to underprivileged countries of the Near East and to some of the rice-eating countries, not as a substitute but as a food with its own merits.

Today, bulgur usually is processed in a manner similar to that of Old Testament days, but on a more refined scale using modern equipment. Its nutritional qualities resemble those of whole wheat flour.

In the mid 1960's, bulgur was made available to the National School Lunch program and for commodity distribution. Unfortunately, information was not made available to allow for the most effective use of the product. Since bulgur is now available on the retail market, the need for more widespread information on bulgur has prompted the development of this recipe bulletin.

Many of the recipes are adapted from "World Wheat in Foods of Many Lands," a U S D A publication from the Western Regional Research Laboratory, Agricultural Research Service, Berkeley, California. Some recipes were developed by students in Experimental Food classes, Nutrition and Food Science Department, College of Home Economics, S D S U. Others were contributed through the South Dakota Wheat Commission publication "Wheat Facts." Appreciation is extended to all those persons who evaluated the recipes and helped to determine their acceptability.

Introduction

Bulgur, an ancient food that for centuries has been the "daily bread" of the Near and Middle Eastern countries, is a versatile wheat product now appearing in retail markets. It's nutritious, with high quality protein. Since the kernels are not subjected to high heat during processing, it has most of the B vitamins and minerals normally found in whole wheat.

Bulgur often is served as an accompaniment to meat and poultry dishes. Cooked or soaked bulgur may also be incorporated into baked products such as bread, rolls, pancakes or muffins to increase their protein content and quality. Used in soups, sauces, meat loaf, hamburger or casserole dishes, it can provide a nutritious, economical substitute for meat. Bulgur may also be used in salads and desserts, including Indian pudding, steamed puddings and custards.

A good method for completely cooked, fluffy bulgur is to terminate the cooking before most of the liquid is absorbed, and then let the covered product stand in a warm place for a few minutes. As the remaining liquid is absorbed, the cooked kernels swell and fluff while remaining separate.

Directions for cooking Bulgur:

- 1 c. dry Bulgur
- 2 c. cold water
- ¼ tsp. salt
- 1 tbsp. butter or margarine

Place bulgur, water and salt in a sauce pan. Bring to boil. Reduce heat to a simmer, cover. Simmer slowly for 15 minutes. Stir in butter. Turn off heat. Cover and let stand 15 minutes to fluff. Makes 2 cups cooked bulgur. Adjust salt to taste.

Some recipes use soaked bulgur. Here are two ways of doing the soaking.

Soaked Bulgur (cold water method):

- 1 c. dry Bulgur
- 1½ c. cold water

Combine and let stand several hours, or until all the water has been absorbed. Stir occasionally. This may be used in recipes where further cooking is required like casseroles.

Soaked Bulgur (hot water method):

- ⅓ c. dry Bulgur
- ⅔ c. boiling water
- ⅛ tsp. salt

Blend and let stand 20 minutes. The amount of boiling water may vary with the amount needed in a given recipe.

Dry bulgur keeps well. Since some of the oil-containing germ of the wheat kernel is retained, a rancid odor may develop if the bulgur is tightly packaged and stored in a warm place. A porous container and a cool storage location are recommended.

The following recipes were developed and tested for the average South Dakota homemaker, who may have limited resources in food selection. A few recipes may list unusual items, but do try them if you have a chance to shop at larger markets. This may help broaden your knowledge of new foods and good eating. In most recipes protein content of the prepared foods has been determined and is reported as grams of protein per serving.

Soups

There are some days when nothing tastes quite as good as a piping hot bowl of homemade soup, or perhaps a refreshing chilled soup on a hot day. Bulgur enriches soups and chowders for both hearty and nutritious meals. Combine any of these soups with a crisp salad for a delightful lunch.

Beef-Vegetable Soup with Bulgur

6 servings

approx. gm. protein/serving - 16

2½ qt. water
1 to 2 lb. beef neck bones or knuckle bones
1 c. Bulgur
1 c. diced carrots
½ c. chopped onion or leeks
1 c. sliced celery
¼ c. snipped parsley
2-3 tsp. salt
¼ tsp. pepper
⅛ tsp. ground cloves
½ tsp. fine herbs
1 can condensed cream of mushroom or tomato soup

Simmer beef bones in water for 2 hours. Remove meat and bones, skim off fat. Add rest of ingredients except tomato soup to broth. Cover and continue cooking until vegetables are tender, 15 to 20 minutes. Remove meat from bones and dice. Return to soup mixture. Blend in condensed soup. Heat to boiling. Serve hot.



Bulgur and Corn Soup

6 servings
approx. gm. protein/serving - 7

2 tbsp. oil
2 cloves garlic, minced
½ c. non-fat dry milk
2 c. water
1 c. Bulgur
2 c. shredded corn (cream style)
5 c. chicken broth
2 tsp. salt
⅛ tsp. black pepper
¼ c. chopped green pepper

Saute garlic in oil until golden. Add bulgur and blend well. Add and mix rest of ingredients. Bring to boil and simmer for 25 minutes.

Fish Chowder with Bulgur

6-8 servings
approx. gm. protein/serving - 17-13

(This recipe is a whole meal in itself.)

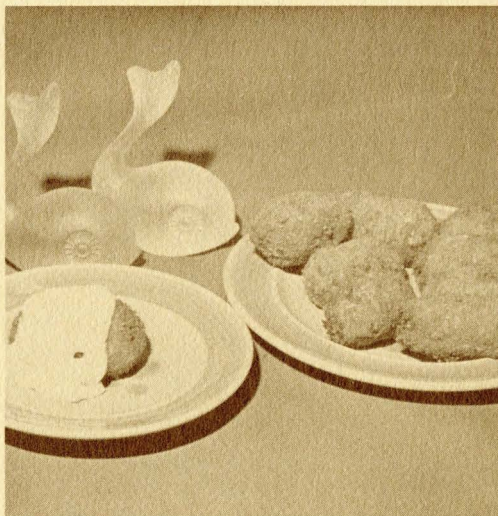
3 tbsp. butter
½ c. chopped onion
½ c. chopped celery
2½ c. water
½ c. diced carrots
½ c. frozen peas
⅔ c. dry Bulgur
1 qt. milk
2 c. cooked, flaked carp
1 tbsp. butter
2 tsp. salt
⅛ tsp. pepper

Melt butter in 3-4 qt. sauce pan, saute onion and celery until golden color. Add water, carrots, peas and bulgur. Bring to boil, cover, simmer 15 minutes. Add milk, fish, butter and seasonings. Heat slowly to just below boiling. Stir gently several times while heating. Serve hot with crisp crackers or croutons.

Croutons:

Butter several slices of bread thoroughly. Cut in ½ inch cubes or strips, place on cookie sheet in single layer and toast in a 375° (190°C) oven until delicately browned. Stir occasionally to toast evenly.





Two other fish dishes are Fish Lumpia (left) and Fish Croquettes (right). Their recipes are found on pages 12 and 11, respectively.

Scotch Broth with Bulgur

6-8 servings

approx. gm. protein/serving - 22-16

- 3 qt. water
- 2 lb. lamb shank
- 1 c. raw Bulgur
- 1 c. diced or shredded carrots
- ½ c. chopped onion or leeks
- 1 c. sliced celery
- ¼ c. snipped parsley
- 2 to 3 tsp. salt
- ¼ tsp. pepper
- ½ tsp. curry powder (optional)
- 2 tbsp. butter
- 4 tbsp. flour

Simmer lamb shanks and water for 2 to 3 hours. Remove meat and bones and skim off all fat. Add vegetables and seasonings to broth. Cover and cook until vegetables are tender, 15 to 20 minutes. Remove meat from bones, dice and return to soup mixture. Blend butter and flour over low heat. Stir in some of the soup mixture, then stir into remaining mixture, cook until thickened, about 3 minutes.

Entrees

Entrees - the principal dish of the meal in the United States. In England it may be a dish served before the roast. Used in a principal dish, bulgur adds much in flavor and in nutrients to help provide a taste-tempting, nutritious meal.

This next group of recipes uses a variety of high protein foods in conjunction with bulgur for tasty one-dish meals. You may have other ideas. Do not be afraid to experiment on your own. There is nothing fast and firm about most recipes except that they may be improved to suit the tastes of your family.

Bulgur and Kidney Bean Dish

6 servings

1½ c. cooked Bulgur
1½ c. cooked or canned kidney beans
¾ c. condensed tomato soup
½ c. green pepper, diced
¾ c. water or meat stock
3 tbsp. diced pimiento
½ tsp. chili powder
½ tsp. salt
1 tbsp. crushed hot red pepper*
1 to 2 tbsp. minced onion
½ tsp. sage
¾ c. diced salt pork, bacon, or cooked ham

Blend all ingredients in 1½ qt. casserole. Cover and bake in slow oven, 325° F (163° C), 45 minutes. Remove cover and continue baking about 40 minutes.

* Reduce hot red pepper or omit if you do not like hot flavored foods. A dash of cayenne may be used.

Bedeviled Eggs with Bulgur

6 servings

approx. gm. protein/serving - 18

2 c. cooked Bulgur
6 hard-cooked eggs
¼ tsp. salt
⅓ c. mayonnaise
½ c. crisp cracker crumbs
2 tbsp. melted butter or margarine
tangy cheese sauce
paprika

Layer bulgur in a shallow baking dish. Cut eggs in half lengthwise. Remove and mash yolks, blend in salt and mayonnaise. Fill whites with yolk mixture, arrange eggs on top of bulgur. Pour tangy cheese sauce over the eggs. Blend crumbs and butter together and sprinkle over sauce. Sprinkle with paprika. Bake at 350° F (177° C) about 30 minutes.

Tangy Cheese Sauce

2 tbsp. butter or margarine
2 tbsp. chopped onion
3 tbsp. flour
½ tsp. salt
¾ tsp. seasoned salt
⅛ tsp. black pepper
¾ tsp. dry mustard
1 tsp. Worcestershire sauce
2 c. milk
1 c. (4 oz.) grated sharp cheddar cheese
½ c. mayonnaise

Melt butter and saute onion until golden. Add flour and seasonings. Remove from heat, stir in milk. Return to heat and stir constantly until mixture thickens and comes to a boil. Remove from heat, stir in cheese and mayonnaise.

Any recipe for beef stew may be used, but do try the Bulgur Dumplings. They are a perfect compliment to any stew.

Beef Stew with Bulgur Dumplings

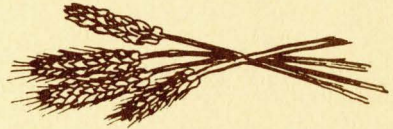
6 servings

approx. gm. protein/serving - 28

1 lb. beef stew meat, cut in 1" cubes
seasoned flour
2 tbsps. oil or shortening
½ tsp. crushed garlic
¼ c. sliced onion
2½ c. water
1 tsp. salt
⅛ tsp. pepper
¼ bay leaf
1 stem parsley
¾ c. diced carrots*
¾ c. green beans, cut in 1" pieces*
¼ c. flour
¼ c. water

Roll meat in seasoned flour. Heat oil in deep skillet or dutch oven. Add garlic and onion, saute until golden in color. Remove from pan. Brown meat on all sides, return garlic and onion along with water, salt, pepper, bay leaf and parsley. Cover and simmer about 2 hours. Add carrots and beans, cook until almost tender. Blend water and flour. Stir into stew. Heat to boil. Add bulgur dumplings and steam gently for 25 minutes.

* Frozen vegetables may be used.



Bulgur Dumplings

½ c. dry Bulgur
1¾ c. cold water
¼ tsp. salt

Bring to simmer, cover and simmer 20 minutes or until all water is absorbed.

1 c. all purpose flour
2 tsp. baking powder
1¼ tsp. salt
3 tbsps. shortening or cooking oil
2-3 tbsps. milk

Sift dry ingredients together. Rub or cut in shortening. Stir in cooked bulgur and enough milk to make a soft dough. Drop by spoonfulls on top of stew mixture. Cover tightly and steam at very low heat for 25 minutes. Do not remove cover until steaming period is complete.

Tuna and Bulgur Scallop

6 servings
approx. gm. protein/serving - 13

2 c. cooked Bulgur
1 tbsp. butter
2 tbsp. chopped onion
1 c. cream of mushroom soup
1 can (6 oz.) tuna fish
½ tsp. salt
⅛ tsp. pepper
2 eggs, slightly beaten
⅓ c. crisp cracker crumbs
1 tbsp. melted butter or margarine
paprika

Melt butter, saute onion until golden. Blend in bulgur, soup, tuna fish, salt, pepper, eggs. Pour into a 2 qt. baking dish. Mix crumbs and butter, sprinkle over top and sprinkle with paprika. Bake at 350° F (177° C) for 30 minutes.



Do not slight the sauces as accompaniments for meat dishes. They can make plain dishes into something scrumptious! Do try the Bulgur Swedish Meatballs with the sour cream sauce.



Bulgur Swedish Meat Balls

12-16 servings
approx. gm. protein/serving - 36

2½ c. cooked Bulgur
2 eggs
1 c. milk
3 tbsp. minced onion
¼ tsp. nutmeg
1½ tsp. salt
1 tsp. Worcestershire sauce
2 lb. ground beef
Seasoned flour
⅓ c. butter or bacon drippings
2 tbsp. flour
½ tsp. salt
⅛ tsp. pepper
1 tsp. Worcestershire (optional)
1 c. meat stock or canned consommé
1 c. sour cream

Blend first 8 ingredients. Form 1½ inch balls (about 36) and roll in seasoned flour. Melt butter in large skillet, add meat balls and saute until lightly browned on all sides and cooked through. Remove to serving dish. Add flour and seasonings to drippings. Blend in stock and cream. Stir constantly until it comes to a boil. Pour over meat balls.

Ground beef is extremely versatile and may be combined with bulgur for some interesting dishes. Examples of these are meat loaf, tamale pie, burgers with bleu cheese sauce, and the ever popular chili.



Bulgur Meat Loaf

10-12 servings

1 c. dry Bulgur (soak 1 hour in 1 c. hot water)
2 lb. ground beef
2 eggs beaten
½ c. onion, diced
½ c. green pepper, diced (optional)
2½ tsp. salt
1½ c. milk
¼ c. catsup

Mix all ingredients except catsup together. Shape into a loaf and put in a baking pan, approximately 6¾" x 12¾". Spread surface with a thin layer of catsup. Bake in moderate oven 350° F (177° C) approximately one hour or until browned. It may be covered the first part of the baking period, then opened to brown.

Variations: Use 2½ c. cooked Bulgur.

- Use one package of dehydrated onion soup in place of onion and pepper.
- Use diluted tomato soup or tomato juice in place of milk.
- Use catsup as part of the liquid.
- For vegetable meat loaf, add 1 - 1½ c. vegetables as frozen peas, chopped carrots, or drained green beans.
- Put meat loaf in large casserole and put vegetables around it as potatoes, carrots and small onions.



Bulgur Chill

6 servings

approx. gm. protein/serving - 27

1 lb. lean ground beef
2 tbsp. salad oil
¾ c. chopped onion
3 cloves garlic, minced
1½ tbsp. chili powder
1½ tbsp. flour
1 tsp. salt
¼ tsp. black pepper
½ tsp. oregano
¼ tsp. cumin seed
few grains cayenne red pepper
5 c. beef stock, canned bouillon or consommé
1 c. tomato puree
1 c. dry Bulgur

Heat oil in heavy skillet, brown meat, onion and garlic until onion is golden. Blend in remaining ingredients. Cover and simmer (stir occasionally) over low heat for about 1 hour. Serve with crisp crackers.

Bulgur Burgers

6-8 servings

approx. gm. protein/serving - 26

2 c. cooked Bulgur
1 lb. ground beef
1 egg, slightly beaten
3/8 c. milk
1 1/2 tsp. Worcestershire sauce
1/2 tsp. salt
1/8 tsp. pepper
2 tbsp. oil
1 c. (2 oz.) mushrooms
3 tbsp. chopped onion
3 oz. bleu cheese
3 tbsp. flour
1/2 tsp. salt
1/8 tsp. pepper
1 c. mushroom liquid plus milk
1/2 c. half and half
4 hamburger buns.

Blend first 7 ingredients, shape into 8 patties. Heat oil in heavy skillet and brown patties on both sides to desired doneness. Remove from skillet and keep warm. In drippings, brown mushrooms and onions. Blend in cheese, flour, salt and pepper. Add liquid and stir constantly until smooth and mixture thickens as it comes to a boil. Serve Bulgur Burger on half toasted hamburger bun and top with sauce. Garnish with mushroom slice and sprig of parsley. (Use bleu cheese according to your liking - 3 oz. may be too strong for some).



Pork combines nicely with vegetables. If Chinese cabbage is new to you, please try it. It has many possibilities besides the pork recipe given here.



Vegetable Chow with Pork and Bulgur

6 servings

approx. gm. protein/serving - 16

1/2 lb. pork, shredded
2 tbsp. lard
1/2 c. mushrooms, sliced
1 lb. chinese cabbage, shredded
1 lb. bean sprouts
1 tbsp. soy sauce
1 tsp. salt
1/2 tsp. ground ginger
1 c. beef stock or bouillon
2 tsp. water
2 tsp. corn starch
2 c. hot cooked Bulgur

Melt lard, saute meat until lightly brown. Add mushrooms, cabbage and bean sprouts, saute 5 minutes. Add soy sauce, salt and stock. Simmer 5 minutes. Blend water and corn starch, stir into vegetable mixture and cook until thickened. Place in serving dish the hot bulgur and top with vegetable mixture, or serve hot fluffy bulgur separately.

Fish

The following recipes with bulgur and fish are delightful and worth trying. Any fish may be used. However, with South Dakota lakes having an abundant supply of carp, these recipes were developed for the mild flavor flesh of carp. Fillets were pressure cooked to soften the bones, cooled, then flaked as needed. Carp meat is soft and needs careful handling during preparation of the desired dish. In some recipes the order of mixing ingredients has been changed from the normal procedure.

Fish and Bulgur Croquettes

6 servings (12-16 croquettes)
approx. gm. protein/serving - 8

2 tbsp. butter
1½ tsp. minced garlic
½ c. chopped onion
1½ tsp. salt
⅛ tsp. pepper
2 c. cooked Bulgur
¾ c. milk
1 c. cooked flaked carp
¼ c. chopped green onion or chives
2 eggs, slightly beaten
Cracker crumbs
Frying fat
Mock tartar sauce

Heat butter in sauce pan. Saute garlic and onion until golden color. Add salt and pepper, saute for about 5 minutes. Add bulgur and milk, cook over moderate heat until mixture is almost dry. Stir occasionally. Stir in fish and green onion. Cool. Shape into croquettes about ⅓c. each. Dip in egg and roll in fine cracker crumbs. Fry in hot oil or fat 375° to 390°F (190°-199°C) until delicately browned. Serve with Mock Tartar Sauce.

Mock Tartar Sauce

½ c. medium white sauce
¼ c. mayonnaise
1 tbsp. minced onion
1 tbsp. minced green pepper
1 tbsp. minced sweet pickle
2 tsp. lemon juice or vinegar

Make white sauce (1 tbsp. butter, 1 tbsp. flour, ¼ tsp. salt, ½ c. milk). Blend in remaining ingredients. Heat but do not boil. Serve hot or chill.

Fish and Bulgur Lumpia

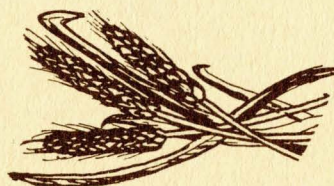
6 servings

approx. gm. protein/serving - 6

(Lumpia wrappers are a paper thin pancake made from a noodle-like dough.)

2 tbsp. butter
1 garlic clove, crushed
¼ c. finely chopped onion
⅓ c. diced tomatoes
½ c. diced turnips
2 tbsp. raisins
1 stem Chinese cabbage, finely chopped
½ c. cooked Bulgur
½ tsp. Monosodium Glutamate
½ tsp. soy sauce
¼ tsp. salt
⅛ tsp. pepper
½ c. cooked, flaked carp
Lumpia wrappers
Frying oil
tomato sauce

Heat butter in sauce pan. Saute garlic and onion till golden color. Add tomato and turnip, cover, simmer for 2 minutes. Stir in next seven ingredients, blend in fish, remove from heat and cool slightly. Wrap 2 tbsp. filling in a Lumpia wrapper (12 wrappers for 6 servings). Fry in hot fat (375°F, 190°C) until browned. Serve with tomato sauce.



Lumpia wrappers

¾ c. sifted flour
1 egg yolk
1/16 tsp. salt
water enough to make a stiff dough

Knead dough until smooth and elastic. Let rest 20 minutes. Roll dough as thin as possible and cut into 3-4 inch squares. Fill and seal ends well.

Tomato Sauce

3 tbsp. butter
3 garlic cloves, crushed
3 tbsp. chopped onion
½ c. finely chopped tomato
3 tbsp. chopped green pepper
¼ tsp. salt
1 c. water, divided
2 tsp. cornstarch

Heat butter in sauce pan. Saute garlic and onion until golden color. Add tomato, green pepper, salt and ¾ c. water. Simmer for 5 minutes. Blend cornstarch in remaining ¼ c. water. Stir in and cook until clear. Serve warm over the fried Lumpia.

Fish and Bulgur Pudding

(using raw fish fillets)

6 servings

approx. gm. protein/serving - 15

2 c. cooked Bulgur
¼ lb. carp fillets, finely ground
1 can (10½ oz.) cream of mushroom soup
2 c. half and half
1½ tsp. salt
⅛ tsp. nutmeg
1 egg, slightly beaten

Blend all ingredients in a 2 qt. baking dish. Place in pan of hot water and bake uncovered in a 350°F (117°C) oven for 30 to 35 minutes or until set. Watch closely for it will water out if overdone as time will depend on thickness of pudding.

Fish and Bulgur Souffle

4 servings

approx. gm. protein/serving - 10

3 tbsp. butter
3 tbsp. flour
1 c. milk
½ tsp. salt
1/16 tsp. pepper
½ c. cooked Bulgur
2 tbsp. lemon juice
3 eggs, separated
1 c. cooked flaked carp
2 tbsp. capers

Make cream sauce: melt butter, blend in flour, salt and pepper. Add milk. Cook. Cool slightly. Stir in bulgur, lemon juice and slightly beaten egg yolks. Blend in fish and capers. Beat egg whites until stiff. Fold in gently. Pour into a low buttered 2-quart casserole. Bake 40-45 minutes in 350°F (177°C) oven.

One Dish Meals

Quick and easy one-dish meals are always welcome. Spanish type dishes vary with the cook and to ingredients on hand. Here are a few suggested combinations. Others will certainly be found as your ingenuity and family preferences direct your cooking.

Spanish Bulgur

6 servings

1¼ c. cooked Bulgur
4 slices bacon, cut in ½" strips
⅓ c. chopped onion
⅓ c. chopped celery
⅓ c. chopped green pepper
1 clove garlic, finely minced
1 no. 2 can tomatoes
¼ tsp. salt
1 tsp. seasoned salt
⅛ tsp. black pepper
1 tsp. sugar
1 tsp. Worcestershire sauce

Saute in a heavy skillet the bacon strips, add onion, celery, green pepper and garlic. Cook until straw color. Blend in bulgur, tomatoes and seasonings. Cover and simmer over low heat until most of liquid is absorbed, 15 to 20 minutes.

Spanish Wheat

6 servings

½ c. dry Bulgur
¾ lb. ground beef
3 tbsp. chopped onion
¾ tsp. salt
¼ c. tomato paste
1½ c. boiling water
¾ c. cheddar cheese grated

Brown ground beef and onion in large heavy skillet. Add remaining ingredients, blend. Cover skillet and cook at low temperature for 30 minutes.

Fried Bulgur

6 servings

approx. gm. protein/serving - 3

½ c. butter
¾ c. minced onion
½ c. minced green pepper
½ c. minced celery
2½ c. cooked Bulgur
2 tbsp. soy sauce

Saute vegetables in butter in heavy skillet until golden brown. Stir in bulgur. Cover and simmer 15 minutes. Stir occasionally. Stir in soy sauce. If it has a dry appearance, add another tbsp. butter.

Ever thought of using ginger with chicken? Ginger root may not be available to everyone, but ground ginger may be substituted (¼ tsp. for 1 tsp. ginger root), for an interesting change in flavor.



Chicken and Biscuit Supreme

6 servings

approx. gm. protein/serving - 23

1-3lb. frying chicken, cut in serving pieces
6 c. water
4 stalks of green onion, sliced
1 tsp. minced ginger root
¾ c. dry Bulgur
2 tbsp. soy sauce
¾ tsp. salt
¾ tsp. monosodium glutamate (optional)
1-2 tbsp. chopped pimiento

Combine chicken, water, onion and ginger. Cover and cook for 30 minutes or until chicken is tender. Remove chicken and separate meat from bones. Cut meat into strips. Return to stock and add remaining ingredients. Cover and simmer 30 minutes. Serve with Rich Baking Powder Biscuits.

Rich Baking Powder Biscuits

8 - 2" biscuits

1 c. sifted all-purpose flour
1½ tsp. baking powder
½ tsp. salt
3 tbsp. shortening
About ¾ c. milk

Sift flour, baking powder and salt together. Cut in shortening to "pea" sized crumbs. Add a portion of the milk, stir together and add more milk until the mixture almost holds together. Turn out on a lightly floured board and knead just enough to hold together. Press or roll to ½ to ¾ inch thick and cut with a 2" cutter. Bake on ungreased baking sheet at 425°F (218°C) for 12-15 minutes. Serve hot with recipe above.

Chicken with Parmesan Pilaf

6 servings

1-3 lb. frying chicken
½ tsp. salt
¼ tsp. pepper
½ c. flour
⅓ c. oil
½ c. green pepper strips
1 can (4 oz.) sliced mushrooms (1 cup)
2 cloves garlic, minced
2½ c. tomatoes (1 lb. can)
1 can (6 oz.) tomato paste
½ tsp. salt
⅛ tsp. black pepper
¼ tsp. sweet basil

Cut chicken into serving pieces, dust in seasoned flour. Heat oil in heavy skillet over moderate heat and fry chicken until golden brown. Remove from skillet.

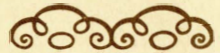
Add peppers, mushroom and garlic, saute. Return chicken pieces and add tomatoes and seasonings - cover and simmer until chicken is tender 1½ hours. Serve with Parmesan Pilaf.

Parmesan Pilaf

1 c. dry Bulgur
⅓ c. Parmesan cheese
2 tbsp. butter
¼ c. chopped onion
1 tbsp. minced parsley
¼ tsp. minced garlic
2 c. chicken stock
½ tsp. salt
⅛ tsp. pepper

Melt butter in heavy skillet, saute onion: add remaining ingredients. Bring to boil over moderate heat. Reduce heat, cover and simmer 10 minutes. Stir in Parmesan cheese and parsley, turn off heat and let stand 15 min. to fluff.

To have something delicious for that special luncheon, try these ham patties with bulgur and pineapple. This recipe divides nicely if only five servings are needed.



Hawaiian Bulgur Patties

10 servings

1 c. dry Bulgur
3 c. coarse ground cooked ham
2 tbsp. butter
⅓ c. chopped onion
½ tsp. salt
¾ c. pineapple juice
1½ c. water
½ tsp. dry mustard
½ c. condensed cream of cheese soup
10 slices pineapple (20 oz.)
10 slices bacon

Melt butter and saute onion. Add bulgur, salt, pineapple juice and water. Bring to boil over moderate heat, cover and simmer for 10-15 minutes until liquid is absorbed. Stir. Turn off heat. Cover and let stand about 15 minutes to fluff.

Blend in ham, mustard and cheese soup. Shape into 10 patties (about ½ cup per patty). Place patty on each pineapple slice and wrap with a strip of bacon. Fasten with a toothpick. Bake at 375°F (190°C), about 30 minutes or until bacon is lightly browned.

*Lamb with bulgur, a good combination.
Be creative; use lamb in other ways.
If you are a charcoal cook, try the following recipe.*



Shish Kebab with Bulgur Pilaf

6 servings

3½ lb. leg of lamb
½ c. lemon juice
½ c. olive oil
1 tsp. oregano
1 tsp. rosemary (coarse)
1 tsp. salt
½ tsp. pepper
2 clove garlic, slivered
Green pepper chunks
Onions
Mushroom caps
Tomato chunks
Bulgur Pilaf

Remove meat from bone, remove the fat and cut meat into 1½" cubes. Marinate meat 2-4 hours in a combination of the next 7 ingredients. Saute green pepper chunks, onion and mushroom caps briefly. Alternate meat and vegetables on skewers, ending with mushroom caps. (Three meat cubes per skewer.) Cook 20-30 minutes over moderately hot charcoal fire, turning occasionally. Remove and serve when still pink and juicy, not gray and dried out. Serve with Bulgur Pilaf.

Bulgur Pilaf

2 c. dry Bulgur
4 c. chicken stock or broth (bouillon)
2 tsp. salt
1 tsp. pepper
¼ lb. butter
1 c. chow mein noodles

Mix bulgur, stock, salt and pepper. Simmer until all liquid is absorbed. Slice butter over top and let melt. Stir to fluff. Cover and let stand a few minutes. Just before serving, crush chow mein noodles in hands, add to Pilaf. Stir in carefully. Serve Kebabs on bed of Pilaf.

Eggplant is a fall garden vegetable that can be grown in South Dakota. It also is available on the vegetable counter in the market for a longer period of time. Eggplant and bulgur combine well.



Eggplant and Bulgur Casserole

6 servings

approx. gm. protein/serving - 13

2 tbsp. oil
⅓ c. chopped onion
¼ tsp. minced garlic
2½ c. (1 lb. can) tomatoes
¼ tsp. basil
1¼ tsp. salt
⅛ tsp. pepper
½ tsp. sugar
1 medium eggplant, peeled and sliced ½"
2 to 3 tbsp. flour
½ c. oil
2 c. cooked Bulgur
4 to 6 oz. thinly sliced mozzarella cheese
½ c. grated parmesan cheese

Saute onion and garlic until golden color. Add tomatoes and seasonings, basil, salt, pepper and sugar. Cover and simmer 30 minutes. Dip slices of eggplant in flour and fry in oil until golden brown on each side. Layer in baking dish with bulgur and mozzarella cheese, top with parmesan cheese. Bake 350°F (177°C) about 30 minutes.

Baked Bulgur and Liver Loaf

8-10 servings

1½ c. cooked Bulgur
1 lb. liver
boiling water
6 tbsp. butter or margarine
2 tbsp. chopped onion
5 tbsp. flour
1½ c. milk
2 eggs, slightly beaten
2½ tsp. salt
¼ tsp. black pepper
½ tsp. dry mustard
¼ tsp. sage
1 tsp. Worcestershire sauce

Pour boiling water over liver, cover and let stand 10 minutes. Drain liver and put through medium to coarse blade of food grinder.

Melt butter in sauce pan, saute onion until golden. Blend in flour. Reduce heat, add milk, stirring constantly until mixture thickens. Add liver, bulgur, eggs and seasonings. Blend well. Turn into a lightly greased loaf pan. Bake in moderate oven, 325°F. (163°C) one hour. Let cool in pan 15 to 20 minutes before unmolding to serving platter. It is crumbly while hot. Serve with sour cream sauce.

Sour Cream Sauce

2 tbsp. butter
2 tbsp. flour
1 c. meat or chicken stock or canned consommé
1 c. sour cream
½ tsp. salt
⅛ tsp. black pepper
1 tsp. Worcestershire sauce

Melt butter, blend in flour. Remove from heat and add stock and sour cream. Bring to boil (stir constantly). Add seasonings, adjust to taste. Serve hot over liver loaf.



Salads

Bulgur in salads? Why not! Cooked bulgur combines well with meats, vegetables and fruits to make nutritious and delicious eating in either a main or side dish salad.

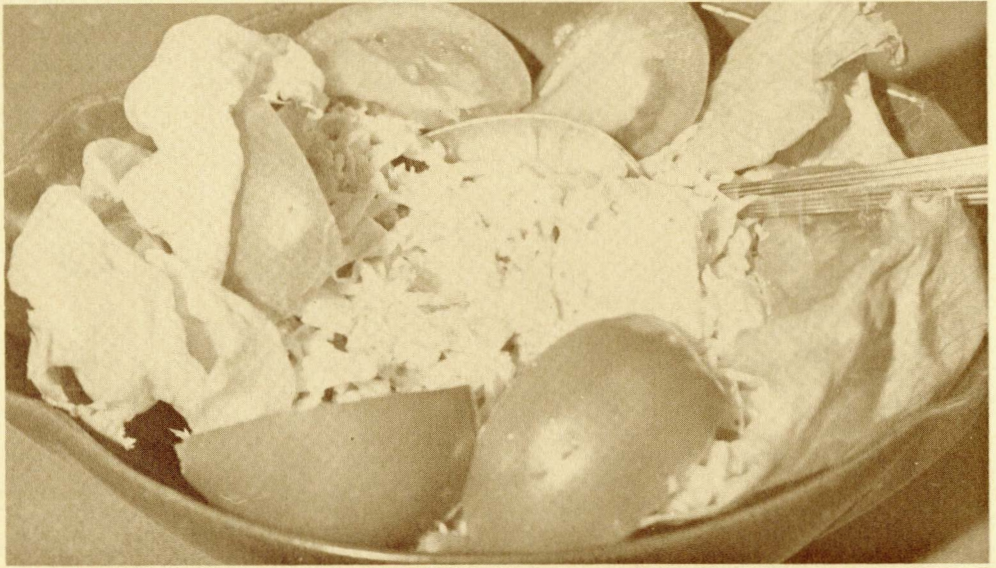
Bulgur Slaw Salad

4-6 servings

approx. gm. protein/serving - 3-2

2 tbsp. vinegar
½ c. mayonnaise
1½ tbsp. grated onion
¾ tsp. celery seeds
2¼ tsp. sugar
¾ tsp. salt
⅛ tsp. white pepper
3 c. finely shredded cabbage
1 c. chilled cooked Bulgur

Combine and mix first seven ingredients. Add cabbage and bulgur. Mix well. Serve in lettuce cups with garnish of tomato wedges.



Bulgur String Bean Salad

6 servings

approx. gm. protein/serving - 5

1½ c. cooked Bulgur
⅓ c. wine vinegar
1½ tbsp. sugar
¾ tsp. salt
1½ c. cooked string beans
1½ c. diced tomatoes (about 3)
⅓ c. chopped onion
½ c. chopped celery
2 hard cooked eggs, sliced

Blend cooked bulgur, vinegar, sugar and salt. Chill. Add vegetables and garnish with sliced egg.

Bulgur Tossed Salad with Celebrity Dressing

6 servings

approx. gm. protein/serving - 9

2½ c. cooked Bulgur
1 to 2 heads lettuce, coarsely broken
3 large tomatoes, sliced
1 avocado, sliced
1 c. radishes thinly sliced

Combine in salad bowl. Drizzle with Celebrity Dressing and toss gently until ingredients are well coated.

Celebrity Dressing

¼ tsp. garlic powder
3 oz. bleu cheese
¾ c. boiled mustard sauce
1 bottle (8 oz.) french dressing (1 c.)
½ tsp. mixed salad herbs
½ tsp. pepper

Blend well.

Boiled Mustard Sauce

2 tbsp. butter
2 tbsp. all-purpose flour
¼ tsp. salt
dash of white pepper
1 c. milk
1½ to 2 tbsp. prepared mustard

Melt butter in saucepan. Blend in flour, salt and white pepper. Add milk all at once. Cook quickly, stirring constantly, till mixture thickens and bubbles. Remove from heat. Stir in prepared mustard. Makes about 1 cup sauce.

Bread and Baked Products

The aroma of fresh baked products is always enticing, especially when the product has been made more nutritious and tasttempting by the addition of bulgur. Muffin, biscuits, quick breads and yeast breads, both plain or fancy, are quick and easy to make and delightful to eat with a bit of butter.

Quick Bread

1 large loaf or 2 small loaves
approx. gm. protein/loaf - 52

2 c. all-purpose flour
¾ c. sugar
1 tsp. salt
1 tsp. soda
½ c. chopped nuts
⅞ c. orange juice
2 tbsp. melted shortening
1 egg beaten
¼ c. cooked Bulgur

Sift flour, sugar, salt and soda together. Mix in chopped nuts. Combine egg, orange juice, shortening and bulgur. Pour egg mixture into flour well and stir only until dry ingredients are moistened. Pour into well greased 9 x 5 x 3 inch loaf pan, or 2 small pans (7⅞ x 3⅝ x 2¼"). Bake at 350°F (177°C) for 1 hour or 40-45 minutes for small pans.

White Bread with Bulgur

3 small loaves
approx. gm. protein/loaf - 34

1/3 c. dry Bulgur
1 c. water
1/8 tsp. salt
1/4 c. warm milk (1/3 c. plus 1 tbsp. dry skimmed milk and warm water)
2 tsp. salt
3 tbsp. sugar
3 tbsp. melted shortening
1 pkg. dry active yeast
4 3/4 to 5 c. unsifted all-purpose flour



Blend bulgur, water and salt, bring to a simmer. Cover and simmer about 15 minutes. Cool.

Blend together in a mixing bowl milk, salt, sugar, shortening and cooked bulgur. Add 2 c. flour and active dry yeast to liquid mixture. Stir well or beat at medium speed on a mixer until bubbles appear. Add remaining flour to make a stiff dough. Turn onto a floured board. Let rest while cleaning and greasing bowl. Knead dough with as little flour as possible until smooth and elastic. Place in greased bowl, turning to grease all sides. Cover. Let rise in warm place until double in bulk (about 1 hour). If time avails - punch down and let rise again (about 1/2 hour). Turn out on board, knead a few times to work out large bubbles. Divide into 3 small loaves. Let rest while greasing pans (7 3/8 x 3 5/8 x 2 1/4"). Shape loaves. Grease top of loaf by turning over in pan. Brush top with a light coating of flour. Cover and let rise about 45 minutes. Bake in preheated oven 375°F (190°C) 35 to 40 minutes. Remove from pan and let cool away from draft. Slice into 12 slices per loaf.

Bulgur Brown Bread

8-10 servings
approx. gm. protein/serving - 10-8

1 1/2 c. unsifted flour
1/3 c. sugar
2 tsp. soda
1 1/2 tsp. salt
1 c. wheat flakes
1/2 c. currants
2 eggs
1 1/2 c. buttermilk
3/4 c. light molasses
1/4 c. cooking oil
1 c. cooked Bulgur

Sift together flour, sugar, soda and salt. Add wheat flakes and currants. Mix well. Combine eggs, buttermilk, molasses and oil, beat well. Blend in bulgur. Add liquid to dry ingredients. Stir until all ingredients are moistened.

Pour batter into 2 well greased and lightly floured 1-pound coffee cans (do not cover). Bake at 350°F (177°C) for 55-60 minutes or until cake tester inserted in center comes out clean. Cool 5-10 minutes in can. Loosen bread with spatula and remove from can. Cool on rack.

Hostess Banana Bread

1 large loaf or 2 small loaves
approx. gm. protein/loaf - 37

2 c. sifted enriched flour
2 tsp. baking powder
1 tsp. salt
½ tsp. soda
1 c. sugar
½ c. hydrogenated shortening
2 eggs
1 c. mashed bananas
1 tsp. lemon juice
1 c. nuts
½ c. cooked Bulgur

Sift dry ingredients into a mixing bowl, add shortening, eggs, bananas and lemon juice. Beat 2 minutes on medium speed of electric mixer or 300 strokes by hand. Stir in ¾ c. nuts and bulgur. Pour into greased loaf pan*, 5¼ x 9½". Sprinkle remaining ¼ c. nuts over top of batter. Bake in 350°F (177°C) oven, 1 hour and 15 minutes.

* Two small pans and reduce baking time to 1 hour.

Bulgur Baking Powder Biscuits

6 servings
approx. gm. protein/serving - 15

¼ c. dry Bulgur
1 c. water
⅛ tsp. salt
2 c. sifted flour
3½ tsp. baking powder
1 tsp. salt
¼ c. shortening
¾ c. milk (about)

Blend bulgur, water and salt. Bring to simmer. Simmer about 15 to 20 minutes until most of water is absorbed. Sift dry ingredients together. Cut in shortening to a fine crumb. Stir in milk and bulgur. Turn out on lightly floured board. Knead about 10 times. Pat or roll to about ½" thick. Cut with floured biscuit cutter (2"). Bake on greased baking sheet at 375°F (190°C) until biscuits are lightly browned, 25 to 30 minutes. 12-2" biscuits.

Bulgur Muffins

6 servings
approx. gm. protein/serving - 8

1 large egg, or 2 small eggs
1 c. milk*
3 tbsp. melted shortening or oil
1½ c. sifted all-purpose flour
3 tbsp. sugar
4 tsp. baking powder
½ tsp. salt
¾ c. cooked Bulgur
½ c. raisins (optional)

Heat oven to 425°F (218°C) Beat egg slightly, stir in milk and melted shortening. Sift together dry ingredients into mixing bowl. Stir in liquid, bulgur and raisins, just until flour is moistened. **Do not overmix.** Fill greased muffin cups ¾ full. Bake 15 to 20 minutes. Makes 12 large muffins.

* Dry milk plus water may be used.

Variations:

1. Sprinkle top of muffins lightly with sugar-cinnamon mixture before baking. One tbsp. sugar and ¼ tsp. cinnamon.

2. Substitute dates for raisins.

Baking Powder Bulgur Shortcake

10-12 servings

approx. gm. protein/serving - 4

¼ c. Bulgur
1 c. water
⅛ tsp. salt
2 c. sifted flour
3½ tsp. baking powder
¾ tsp. salt
⅓ c. sugar
⅓ c. shortening
cooked bulgur (above)
¾ c. milk

Blend bulgur, water and salt. Bring to a simmer, cover and simmer 15 minutes until most of water has been absorbed. Sift dry ingredients together, cut in shortening to a fine crumb. Stir in bulgur and milk. Pat into greased (8 in.) cakepan. Brush surface lightly with milk and sprinkle with sugar. Bake in 400°F (240°C) oven about 30 minutes. Top with fruit (fresh or canned) and whipped cream or whipped topping. Be generous with the fruit.



Who doesn't like a nutritious pancake or waffle? Recipes given here are for both milk and buttermilk products. Buttermilk originally was the residue from the butter churn. Today it is usually made from pasteurized skim milk and a culture to develop flavor and the heavier consistency associated with buttermilk. Sour milk or buttermilk can be made by placing one tablespoon lemon juice or distilled white vinegar in a measuring cup, fill with milk and allow to stand about 10 minutes to clabber. Buttermilk makes a more tender product.

Bulgur Pancakes (Buttermilk)

6 - 5 inch cakes

approx. gm. protein/cake - 6

1 egg
1¼ c. buttermilk
1 tbsp. melted shortening or cooking oil
2 tbsp. dry Bulgur (or ¼ c. cooked Bulgur)
1 c. flour
½ tsp. soda
2 tsp. baking powder
½ tsp. salt
1 tbsp. sugar

Beat egg, blend in buttermilk and shortening and bulgur. Sift together dry ingredients, add all at once. Stir until thoroughly mixed-do not beat. If too thick, add 2 tbsp. milk. Let stand a few minutes before baking on hot griddle.

Bulgur Waffles (Buttermilk)

6-8 Waffles

approx. gm. protein/waffle - 15

1 c. buttermilk
2 egg yolks
2 egg whites
3 tbsp. melted butter
3 tbsp. dry Bulgur (or ½ c. cooked Bulgur)
1 c. sifted all-purpose flour
2 tsp. baking powder
½ tsp. soda
½ tsp. salt
2 tsp. sugar

Beat egg yolks, add buttermilk, butter and bulgur. Sift together dry ingredients. Stir gently into liquid. Fold in beaten egg whites. Let stand a few minutes before baking on preheated waffle iron.

Baked Bulgur Pancakes

4 servings

approx. gm. protein/serving - 18

2 eggs
¾ c. Milk
1½ tbsp. melted shortening
¼ c. dry Bulgur (or ½ c. cooked Bulgur)
1 c. sifted flour
2 tsp. baking powder
2 tsp. sugar
½ tsp. salt
½ lb. sausage (ground pork sausage or little Smokies)

Beat eggs, add melted shortening, milk and bulgur, blend. Sift together dry ingredients. Add to liquid. Stir just enough to leave small lumps of flour. Pour into a 9 x 9 inch greased pan. Put sausage links or sprinkle ground sausage (that has been fried just enough to remove excess fat) on top and bake in a 400°F (204°C) oven 20 minutes.

This recipe can easily be enlarged for more servings but enlarge the baking pan accordingly, if too thick it becomes more like a coffee cake and less desirable as a baked pancake.



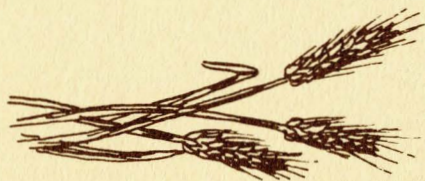
Square Doughnuts

about 20

approx. gm. protein/doughnut - 4

1 c. milk
2 tbsp. dry Bulgur
¼ c. sugar
1 tsp. salt
¼ c. butter or margarine
1 pkg. active dry yeast
1 egg, beaten
3¼ to 3½ c. unsifted flour

½ c. sugar
2 tsp. cinnamon



Scald milk, stir in sugar, salt, butter and bulgur. Cool to lukewarm. Add 2 c. flour, yeast and egg. Beat until smooth. Stir in remaining flour to make a soft dough. Turn on floured board and knead until smooth and elastic - 5 to 10 minutes.

Roll dough in well greased bowl, to grease all sides. Cover with a damp cloth; let rise in warm place until double, about 1 hour. Punch down dough and roll out on lightly floured board to 12 x 10 inch rectangle (½" thick). Cut with a sharp knife into 2½" squares; cut 1 inch holes in center. Place doughnuts on oiled cookie sheets, 2 inches apart. Cover, let rise about 1 hour. Handle doughnuts as gently as possible to prevent falling.

Deep fat fry 375°F (190°C) 2 to 3 minutes. Drain. While still warm dip or shake in bag of sugar and cinnamon.) Best served warm.



Cake and Cookies

How about adding nutrients to those cakes, cookies, and bars that the family likes so well. Bulgur with its nutty flavor gives an added "zing" to baked goods besides adding nutrients to those "goodies".

Bulgur Dried Fruit Cookies

20 date shaped cookies

approx. gm. protein/cookie - 2

1 egg
2 tbsp. dark corn syrup
½ c. chopped dates
½ tbsp. lemon rind or bits or orange rind
¼ tsp. vanilla
½ c. chopped nuts
½ c. rolled wheat flakes
½ c. cooked Bulgur
coconut

Beat egg slightly. Add syrup, dates, rind. Cook over low heat in saucepan until the mixture just pulls away from the sides of the pan. Add vanilla, nuts, wheat flakes and bulgur. Mix thoroughly. Shape into date-shaped balls and roll in chopped coconut or flaked coconut. Chill

Variations

Substitute:

1. Molasses and raisins
2. White corn syrup and apricot.
3. Maple syrup and any dried fruit or mixed fruit.
4. Your own choice of combinations.

Date - Choco Bulgur Cake

12-15 servings (Delicious!)

approx. gm. protein/serving - 4

1 c. chopped dates
1½ c. boiling water
1 tsp. soda
½ c. shortening
1 c. brown sugar
2 eggs
1 ⅔ c. sifted all-purpose flour
½ tsp. salt
¾ tsp. soda
½ c. cooked bulgur
½ c. chocolate chips
¼ c. chopped walnuts

Pour boiling water over dates and add soda. Let stand. Cream shortening and sugar. Add eggs and bulgur. Add date mixture, blend well. Sift dry ingredients together and add to cream mixture. Pour into a greased 9 x 12 inch cake pan. Sprinkle chips and nuts on top. Bake at 350°F (177°C) for 30 minutes or until cake springs back when touched.

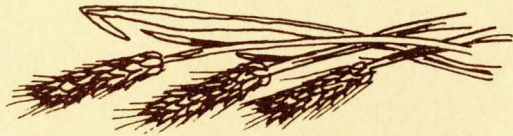
Bulgur Applesauce Cake

9 servings

approx. gm. protein/serving - 4

1¼ c. sifted all-purpose flour
¾ c. sugar
⅛ tsp. baking powder
¾ tsp. salt
¾ tsp. soda
⅜ tsp. cinnamon
¼ tsp. cloves
¼ tsp. allspice
¼ c. soft shortening
¼ c. water
¾ c. applesauce
1 egg
½ c. raisins
½ c. cooked Bulgur

Sift dry ingredients into large mixing bowl. Add shortening, water and applesauce. Beat 2 minutes at medium speed. Add egg; beat 2 more minutes at medium speed. Stir in raisins and bulgur. Pour into 9 x 9" greased pan. Bake 350°F (177°C) 35 to 40 minutes.



Steamed Puddings, Breads and Cakes

You're not interested in steamed products? You don't have a steamer? Any large kettle with a well fitting cover can be used. A rack of some sort is needed to keep the molds or cans off the bottom of the kettle to let the water (1½ - 2 inch) circulate around the container. Several burnt wooden match sticks may be used if nothing else is available. Coffee cans, shortening cans or soup cans may be covered with aluminum foil to use as containers. Most steamed products come out of the container easier if dried off in a warm oven (350°F- 170° C) for 5 to 10 minutes. A small steamed pudding or bread may be made in a double boiler. The small containers take less time to steam than a big mold, so adjust time accordingly.

Steamed Brown Bread

8 - 10 servings

approx. gm. protein/serving - 9-7

1 c. white flour
1 c. yellow corn meal
½ c. dry bulgur
2 tsp. soda
1 tsp. salt
1 c. molasses
2 tbsp. fat, melted
1½ c. sour milk or buttermilk
1 egg, slightly beaten
1 c. seeded raisins

Sift flour, soda and salt together. Blend in cornmeal, bulgur and raisins. Make a well in the flour, add molasses, egg, melted fat and milk. Mix thoroughly. Pour into well greased mold or 2-3 cans. Steam in a pressure cooker - exhaust steam 15 minutes, then steam 1 hour at 15 lb. pressure or cover and steam 3 hours in water bath steamer. Dry brown bread a few minutes in oven.

Steamed Bulgur Chocolate Pudding

12 servings

approx. gm. protein/serving - 4

1¼ c. sifted all-purpose flour
2 tsp. baking powder
½ tsp. soda
½ tsp. salt
1 tsp. cinnamon
½ c. cocoa
½ c. butter
1¼ c. sugar
2 eggs
1½ c. cooked Bulgur
1 tsp. vanilla
1 c. milk

Sift dry ingredients together. Cream sugar and butter until light and fluffy. Add eggs. Beat until thick and creamy. Stir in bulgur and vanilla. Add milk alternately with dry ingredients. Blend well. Fill greased loaf pan or mold three-fourths full (coffee or shortening cans will do). Cover tightly. Steam 1½ hours. Dry off in oven. Serve with whipped cream or whipped topping, or hard sauce.

Hard Sauce

¼ c. butter
1 c. sifted confectioner's sugar
1 tsp. boiling water
1 tsp. vanilla

Cream butter and sugar. Add water and vanilla. Beat until light and fluffy. Chill.



Steamed Spicy Bulgur Raisin Pudding

12 servings

approx. gm. protein/serving - 4

1¾ c. sifted flour
2½ tsp. baking powder
½ tsp. salt
1 tsp. cinnamon
¼ tsp. nutmeg
½ c. butter or shortening
1¼ c. sugar
2 eggs
1½ c. cooked Bulgur
¾ tsp. vanilla
½ c. raisins
1 c. milk

Sift dry ingredients together. Cream butter and sugar, add eggs. Beat until thick and creamy. Stir in bulgur, vanilla and raisins. Add milk alternately with dry ingredients. Blend well. Fill greased loaf pan or mold three-fourths full (coffee or shortening cans will do). Cover tightly and steam 2 hours. Dry off in oven for a few minutes. Serve with warm nutmeg sauce.

Nutmeg Sauce

⅔ c. sugar
2 tsp. cornstarch
⅛ tsp. salt
1 c. cold water
1 tbsp. butter
½ tsp. nutmeg

Blend sugar, cornstarch and salt. Add water. Bring slowly to boil stirring constantly. Remove from heat and stir in butter and nutmeg.

🎀 Desserts and Puddings 🎀

Every family has its sweet tooth. Let's add nutrients by the use of bulgur in bavarians, puddings, custards and shortcakes. Bulgur seems to combine well with fruit and milk mixtures. Even a mock pecan pie, delicious!

Pies: Always use lard for the most tender, flaky and flavorful pie crust.

Bulgur Pie Crust

1 - 9" shell

6 servings

approx. gm. protein/serving - 2

1 tbsp. dry Bulgur
2 tbsp. cold water
½ c. plus 2 tbsp. sifted flour
¼ c. lard
¼ tsp. salt

Soak bulgur in water 15 to 20 minutes. Sift flour and salt into a small bowl. Cut in shortening. Add bulgur and water until a ball is formed and all flour is collected. (A tbsp. more water may be needed.) Transfer to lightly floured board. Roll out to ⅛ inch thick. Line pie dish with crust. Trim edge and prick crust. Bake in 350°F (177°C) 10-12 minutes. Do not overbrown as bulgur will become hard again. A nice accompaniment to pumpkin pie.

Chocolate Bulgur Bavarian

6-8 servings

approx. gm. protein/serving - 7

1 pkg. (1 tbsp.) gelatin
2 tbsp. water
2½ tbsp. cocoa
¾ c. sugar
1½ c. milk
1½ c. cooked Bulgur
1 tsp. vanilla
½ c. heavy cream, whipped

Blend gelatin and water in saucepan. Mix cocoa and sugar together and add to gelatin mixture. Stir in milk. Heat until sugar and gelatin are dissolved. Stir frequently. **Do not boil.** Add bulgur and vanilla. Chill until thick but not firm. Fold in whipped cream. Turn into an oiled mold. Chill until firm. Unmold and garnish with whipped cream or whipped topping and a few cherries.

Mock Pecan Pie

6 servings

approx. gm. protein/serving - 5

1 unbaked pieshell (10")
1 c. cooked bulgur
3 eggs
1 tbsp. butter or margarine
1 c. light corn syrup
½ tsp. vanilla
¾ c. sugar
1 tbsp. flour
1 tbsp. lemon juice

Spread bulgur in bottom of unbaked pie shell. Beat eggs and add melted butter, corn syrup, vanilla and lemon juice, blend well. Combine sugar and flour and blend into egg mixture. Pour over bulgur in pie shell. Bake at 350°F (177°C) for 45 minutes to 1 hour. Do not overbrown. May be served with whipped cream or whipped topping.

Note: Dark corn syrup may be substituted, a change in flavor will be experienced.



Bulgur Meringue Pie

9 inch pie

approx. gm. protein/serving - 8

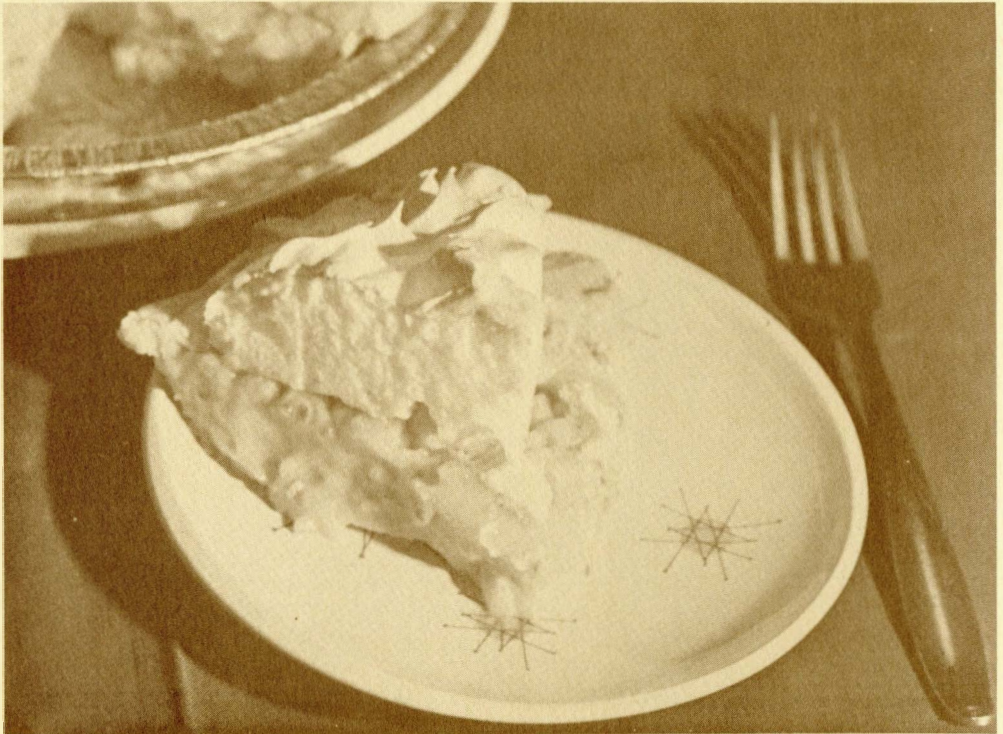
1 baked pie shell
2/3 c. sugar
1/2 tsp. salt
1/3 c. sifted flour
3 tbsp. Bulgur
2 c. milk
3 eggs separated
1 tbsp. butter
1 tsp. vanilla

Add bulgur to milk, heat on medium heat. Blend dry ingredients. Dump all at once into warm milk, stirring constantly while cooking over moderate heat, until mixture thickens and boils. Beat egg yolks slightly, stir in about a cup of the hot mixture. Return to saucepan and boil 1 minute, stirring constantly. Remove from heat and blend in butter and vanilla. Cool slightly before pouring into baked pie shell. Cover with Meringue and bake 10 to 12 minutes in a 350°F (177°C) oven or delicately brown. Cool away from draft.

Meringue

3 egg whites
1/4 tsp. cream of tartar
6 tbsp. sugar

Beat egg whites until frothy, add cream of tartar. Beat to soft peaks stage. Gradually add sugar. Continue beating until mixture is stiff and glossy. Seal well on edges of crust.



Cherry Cobbler with Bulgur Shortcake

6 servings

approx. gm. protein/serving - 8

1 can (1 lb.) sour pitted cherries, drained
water to make 1 cup
2 tbsp. cornstarch
1 c. sugar
2 tsp. lemon juice
Red coloring
Bulgur Shortcake (p. 22)

Blend in saucepan cornstarch and sugar, add juice and water. Cook until thickened, stirring constantly. Add cherries and lemon juice. Pour into a 9 inch cake pan or pie dish. Prepare ½ recipe of bulgur shortcake. Drop by tablespoons on top of cherry mixture. Bake in 400°F. (204°C) oven about 30 minutes.

Apricot, Blueberry, Boysenberry, Pineapple, Peach

Substitute equal quantities of fruit and liquid for the cherries in the above recipe. If fruit is sweetened, reduce sugar to ½ cup.

Canned pie filling may be used. Omit water, cornstarch and sugar. Sprinkle lemon juice over fruit filling.

Bulgur Parfait

6 servings (Delightful!)

approx. gm. protein/serving - 5

2½ c. water
½ tsp. salt
1 c. Bulgur
⅓ c. sugar
crushed pineapple
whipped cream or whipped topping

Blend water, salt and bulgur. Cover and cook over low heat until water is absorbed, 20 to 25 minutes; stirring several times during cooking. Stir in sugar, cover and continue cooking 5 minutes. Chill. Layer bulgur with crushed pineapple in a parfait glass. Top with whipped cream or whipped topping. Garnish with maraschino cherry or sprig of mint.

Fudge

approx. gm. protein/pound - 21

2 c. sugar
⅓ c. cocoa
¼ tsp. salt
1 c. milk*
1-2 tbsp. butter
1 tsp. vanilla
½ c. cooked bulgur

Blend sugar, cocoa and salt in saucepan. Stir in ½ c. milk. Bring to boil, stir constantly until sugar is dissolved. Add remaining ½ c. milk, stir in. Reduce heat. Boil without stirring to 230°F (just below soft ball stage). Add bulgur and cook again to 230°F. Remove from heat, add butter and vanilla. Beat with electric beater until satiny. Spread on greased cookie sheet to cool. Break into pieces.

* (If whole milk or thin cream is used, reduce the amount of butter.)

Hints and Helps

Abbreviations:

- c = cup
- tbsp = tablespoon
- tsp = teaspoon
- lb = pound
- oz = ounce
- med = medium
- in = inch
- min = minute
- F° = Fahrenheit
- C° = Centigrade

Chop - to cut into small pieces in a random manner

Cube - to cut into small (1/4 - 1/2 inch) more or less cubical pieces

Dice - to cut into small more or less cubical pieces, 1/8 to 1/4 inch. Result is finer than cubed food, and coarser than minced.

Fats - Various media of shortenings or oils - are used throughout. Butter gives added flavor. Lard gives a more tender product. Cooking oil is convenient. One word of caution - **Do not substitute** cooking oil for hard shortening in bread making. Texture is inhibited.

Ground - medium to coarse blade on a home grinder

Mince - to cut or chop into very small pieces

Oven temperatures and baking times given for a certain size dish or pan. If a more shallow dish is used, decrease baking time; if a deeper dish is used, increase baking time. The same is true for breads and cakes when changing size of baking containers.

Saute - to fry in shallow fat. Light brown or golden color.

Seasoned flour for dusting meat and vegetables:

- 1/2 c. all purpose flour
- 1 tsp. salt
- 1/2 tsp. black pepper
- Other herbs or spices as desired

Blend well. Put measured amount of seasoned flour in a small plastic bag, add meat or vegetable and shake. Use seasoned flour to thicken sauces.

Slices - can be from as thin as you can cut to 1/2 inch or more thick

Strips - usually are 1/4 inch wide and 1-1 1/2 inches long

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If you're interested in receiving more bulgur recipes, write for the supplement to Wheat's Wonderchild. Send your order to: Bulletin Room, Old Extension Building, South Dakota State University, Brookings, S.D. 57006

Supplement
B 635

Wheat's Wonderchild

Bulgur



South Dakota State University
Agricultural Experiment Station
Brookings, South Dakota

Wheat's Wonderchild

Bulger, bulgur, bulgor, or boulgur refer to an ancient food, "Arisah" from Old Testament times. This Hebrew word is translated as "dough" or "coarse meal" in more recent versions of the Bible.

Traditionally, bulgur was made by boiling whole wheat grains in open vessels with a minimum amount of water until the kernels were soft and tender. The cooked wheat was then spread in thin layers to be dried in the sun. The coarse bran (seed coats) was then removed by sprinkling water on the kernels and rubbing the moistened grain by hand. The hard, vitreous grain was then cracked between stones or a crude mill, and stored in large open earthenware jars to lessen the development of rancidity and off flavors.

Bulgur was prepared by heating it in a minimum amount of water or by steaming for 15 to 20 minutes. In the Near East when bulgur was prepared with a little oil, meat broth or soup stocks and seasonings, the dish was known as pilaf.

Since World War II, bulgur has been processed in the United States. Most production is from hard red winter wheat; however, a more refined product is made from the white wheats. The U.S. Department of Agriculture has authorized the exporting of bulgur to underprivileged countries of the Near East and to some of the rice-eating countries, not as a substitute but as a food with its own merits.

Today, bulgur usually is processed in a manner similar to that of Old Testament days, but on a more refined scale using modern equipment. Its nutritional qualities resemble those of whole wheat flour.

In the mid 1960's, bulgur was made available to the National School Lunch program and for commodity distribution. Unfortunately, information was not made available to allow for the most effective use of the product. Since bulgur is now available on the retail market, the need for more widespread information on bulgur has prompted the development of this recipe bulletin.

Many of the recipes are adapted from "World Wheat in Foods of Many Lands," a U S D A publication from the Western Regional Research Laboratory, Agricultural Research Service, Berkeley, California. Some recipes were developed by students in Experimental Food classes, Nutrition and Food Science Department, College of Home Economics, S D S U. Others were contributed through the South Dakota Wheat Commission publication "Wheat Facts." Appreciation is extended to all those persons who evaluated the recipes and helped to determine their acceptability.

Bulgur Wheat's Wonderchild Supplement

Soaps Entrees

Bulgur and Yogurt Soup 6 servings (hot or cold)

approx. gm. protein/serving - 8

- 1 tbsp. butter or margarine
- $\frac{1}{4}$ c. chopped onion
- 4 c. chicken stock (bouillon)
- $\frac{2}{3}$ c. Bulgur
- $\frac{1}{2}$ c. yogurt
- 1 egg
- 2 tbsp. minced parsley
- $\frac{3}{4}$ tsp. salt
- $\frac{1}{8}$ tsp. white pepper
- $\frac{1}{2}$ tsp. finely chopped mint

Melt butter in saucepan, cook onion until golden. Add stock and bulgur, simmer 25 minutes. Beat together yogurt and egg. Stir into soup, do not boil. Add seasonings. Serve at once for a hot soup. For a refreshing hot weather soup, chill in refrigerator and serve cold. If a thinner soup is desired, add more chicken stock.

Fish Soup with Bulgur 6 servings

approx. gm. protein/serving - 13

- 3 tbsp. cooking oil
- $\frac{1}{2}$ c. chopped onion
- 1 c. shredded Chinese cabbage
- 1 c. cooked flaked carp
- 6 c. water
- $\frac{1}{2}$ tsp. salt
- 2 tbsp. soy sauce
- $\frac{1}{2}$ tsp. monosodium glutamate (optional)
- $\frac{2}{3}$ c. dry Bulgur
- 2 oz. mushrooms (drained)
- $\frac{1}{2}$ c. sliced water chestnuts

Heat oil in saucepan, add onion and cabbage. Saute till onion is golden brown. Add remaining ingredients. Bring to a boil, cover, simmer 20 to 25 minutes. Serve hot with crisp crackers.

Baked Bulgur with Cheese 6 servings

approx. gm. protein/serving - 14

- 3 c. cooked Bulgur
- 1 can condensed cream of chicken soup
- 1 c. milk
- $\frac{1}{2}$ tsp. dry mustard
- $\frac{1}{2}$ tsp. salt
- 6 oz. grated sharp cheddar cheese
- paprika

Blend bulgur, soup, milk, dry mustard, salt and $\frac{2}{3}$ of the cheese. Put in a shallow baking dish. Sprinkle remaining $\frac{1}{3}$ of grated cheese over surface and sprinkle with paprika. Bake at 375°F (190°C), 30 to 40 minutes or until lightly browned and bubbly.

Luncheon Meat and Bulgur Fondue 6 servings

approx. gm. protein/serving - 13

- $1\frac{1}{2}$ c. cooked Bulgur
- $\frac{3}{4}$ c. grated sharp cheddar cheese
- 2 tbsp. chopped onion
- 2 tbsp. chopped green pepper
- 2 tbsp. chopped pimiento
- 2 tbsp. chopped ripe olives
- 1 can (12 oz) luncheon meat, diced
- $\frac{1}{2}$ c. hot milk
- 2 eggs slightly beaten

Blend first 7 ingredients in a baking dish. Blend hot milk and eggs. Pour over bulgur mixture and bake at 350°F (177°C) until set, about 35 minutes.



Dried Beef Amandine with Bulgur 6 servings

approx. gm. protein/serving - 15

- 2 c. hot cooked Bulgur
- 1 jar (5 oz.) dried beef
- $\frac{1}{4}$ c. butter
- 2 tbsp. chopped onion
- $\frac{1}{2}$ c. chopped toasted almonds

Melt butter in sauce pan, break up dried beef. Add to butter with the onion. Saute until well blended and onion is golden.

Layer hot bulgur and sauted mixture on heated serving dish. Prepare Allemande sauce. Pour over bulgur mixture. Sprinkle with toasted almonds.

Allemande Sauce

- 2 tbsp. butter or margarine
- 2 tbsp. flour
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{8}$ tsp. black pepper
- 2 c. milk
- 2 egg yolk slightly beaten

Melt butter, blend in flour, salt and pepper. Remove from heat and stir in milk. Cook (stir constantly) until mixture thickens. Stir some of the hot mixture into the egg yolk, then stir into remaining sauce. Cook over low heat for 2 minutes, stirring constantly.

Pork Chop Suey with Taiwan Pilaf 6 servings

approx. gm. protein/serving - 30

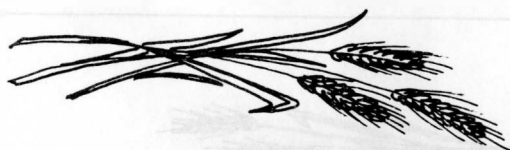
- 3 tbsp. oil
- 3 c. diced cooked pork
- $\frac{1}{4}$ c. sliced mushrooms
- $\frac{1}{2}$ c. chopped onion
- $\frac{1}{2}$ c. thinly sliced celery
- $\frac{1}{2}$ c. bean sprouts (drained)
- 2 tbsp. water chestnuts, diced
- 2 c. chicken stock (bouillon)
- $\frac{1}{4}$ tsp. salt
- 2 tbsp. corn starch
- 2 tbsp. water
- $1\frac{1}{2}$ tbsp. soy sauce

Heat oil in heavy skillet, add next 6 ingredients, saute till onion is golden. Cover and simmer 10 minutes. Add stock and salt, cover and simmer 25 minutes. Blend water and corn starch, stir into pork mixture. Cook until mixture thickens, stir soy sauce into mixture. Serve over Taiwan Pilaf.

Taiwan Pilaf

- 2 tbsp. butter
- 3 tbsp. onion
- 1 c. dry Bulgur
- 2 c. chicken stock bouillon
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{8}$ tsp. black pepper
- 1 to 2 tbsp. soy sauce

Bring to a boil all ingredients but the soy sauce. Cover and simmer 10 minutes. Stir in soy sauce and cover. Turn off heat and let stand 15 minutes.



Pork and Noodle and Bulgur 6 servings

approx. gm. protein/serving - 27

1 lb. pork, cut in strips
Soy sauce
Corn starch
2 tbsp. lard
4 c. water
 $\frac{1}{2}$ c. dry Bulgur
1 c. noodles
2 tbsp. soy sauce (optional)
 $\frac{3}{4}$ tsp. salt
1 lb. cauliflower, separated
6 leaves spinach or 2-8 oz. pkgs. frozen cauliflower
 $\frac{1}{2}$ pkg. frozen spinach

Dip pork strips in soy sauce then in corn starch. Heat lard, brown meat. Add water, bulgur, noodles, soy sauce and salt. Bring to boil, cover and simmer 20 minutes. Stir in cauliflower and spinach leaves, cut in strips, or frozen vegetables (partially defrosted). Continue to simmer for 10-15 minutes. Do not overcook.

Bulgur Tamale Pie 6 servings

approx. gm. protein/serving - 13

2 tbsp. oil
2 tbsp. chopped onion
2 tbsp. green pepper
 $\frac{3}{4}$ lb. ground beef
 $\frac{3}{4}$ c. canned corn
 $\frac{1}{3}$ c. chopped ripe olives
 $\frac{3}{4}$ c. dry Bulgur
 $1\frac{1}{2}$ c. canned tomatoes
 $\frac{1}{3}$ c. water
2 tsp. lemon juice
1 tsp. salt
2 tsp. chili powder

Heat oil, add onion, pepper and meat. Saute until onion is golden. Blend in rest of ingredients. Place in a 2 qt. casserole. Cover tightly. Bake 350°F (177°C), 1 hour. Stir every 15 minutes.

Fish and Bulgur Scallop 6 servings

approx. gm. protein/serving - 10

2 c. cooked Bulgur
1 tbsp. butter*
1 can cream of mushroom soup
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{8}$ tsp. pepper
2 eggs slightly beaten
1 c. cooked flaked carp
 $\frac{1}{3}$ c. crisp cracker crumbs
1 tbsp. melted butter
paprika

Melt butter, saute onion until golden. Blend in bulgur, soup, salt, pepper and eggs. Stir the fish in carefully. Pour into a 2 qt. baking dish. Mix crumbs and butter, sprinkle over top and sprinkle with paprika. Bake at 350°F (177°C) for 30 minutes.

*Margarine or cooking oil may be substituted for butter in most recipes but butter compliments the delicate fish flavor.

Scalloped Bulgur with Wieners 6 servings

approx. gm. protein/serving - 10

$2\frac{1}{2}$ c. cooked Bulgur
1 egg, slightly beaten
2 tbsp. chopped onion
1 can ($10\frac{1}{2}$ oz.) condensed cream of mushroom soup
 $\frac{1}{2}$ tsp. salt
 $\frac{3}{4}$ c. milk
6 wieners
Melted margarine or oil.

Blend first 6 ingredients in shallow baking dish. Bake at 350°F (177°C) until mixture is partially set, about 30 minutes. Top with wieners, brush with margarine or oil. Continue baking until wieners are lightly browned, 15 to 20 minutes.

Fish and Bulgur Pilaf 6 servings

approx. gm. protein/serving - 7

2 tbsp. butter
2 tsp. minced garlic
 $\frac{1}{2}$ c. chopped onion
 $\frac{1}{2}$ c. chopped celery
 $1\frac{1}{2}$ c. water
1 tsp. salt
 $\frac{1}{8}$ tsp. pepper
 $\frac{1}{4}$ tsp. oregano
1 tbsp. lemon juice
 $\frac{3}{4}$ c. dry Bulgur
 $\frac{1}{2}$ c. cooked flaked carp
pimiento (optional)

Heat butter in 2 qt. sauce pan. Add garlic, onion and celery. Saute until golden color. Add remaining ingredients. Bring to boil, cover, reduce heat to a simmer. Simmer 10 to 15 minutes. Stir, cover and remove from heat. Let stand covered for 15 minutes to fluff.

Jiffy Spanish Bulgur 6-8 servings

$\frac{3}{4}$ c. dry Bulgur
 $1\frac{1}{2}$ c. boiling water
1 lb. ground beef
 $\frac{2}{3}$ c. slices onion (1 large)
 $3\frac{1}{2}$ c. tomatoes, (no. $2\frac{1}{2}$ can)
2 tsp. salt
2-3 tsp. chili powder
 $\frac{1}{8}$ tsp. black pepper
 $\frac{3}{4}$ c. cheddar cheese, grated (optional)

Cook bulgur for 10 minutes in the $1\frac{1}{2}$ c. boiling water or soak one hour. Break meat into small chunks in large skillet. Add all other ingredients and mix well. Bring to a boil on a high heat. Stir. Cover and turn to a low heat. Cook 20-25 minutes. Add cheese the last 10 minutes of cooking.

Fish and Bulgur Au Gratin 6 servings

approx. gm. protein/serving - 14

$2\frac{1}{2}$ c. cooked Bulgur
1 c. cooked, flaked carp
1 recipe Au Gratin sauce
grated Parmesan cheese

Mix bulgur, fish and $\frac{3}{4}$ of the Au Gratin sauce in a 2 qt. shallow baking dish. Top with remaining sauce and sprinkle with Parmesan cheese. Bake uncovered in a 350° F (177° C) oven 30 to 35 minutes.

Au Gratin Sauce

4 tbsp. butter
2 tbsp. chopped onion
4 tbsp. flour
1 tsp. salt
 $\frac{1}{4}$ tsp. pepper
1 tsp. dry mustard
2 c. milk
1 tsp. Worcestershire sauce
4 to 6 oz. grated cheddar cheese

Melt butter in sauce pan and saute onion until golden color. Blend in flour, salt, pepper and mustard. Remove from heat. Stir in milk and Worcestershire sauce. Heat, stirring constantly until mixture thickens and comes to a boil. Remove from heat and stir in cheese.



Spanish Bulgur 6 servings

3/4 c. dry Bulgur
1 lb. ground meat
1/2 c. chopped onion
1/2 c. chopped pepper
2 tsp. salt
1-2 1/2 can tomatoes
1 303 can green beans, drained
1 tbsp. chili powder
1 1/2 tsp. Worcestershire sauce

Saute meat, onion, pepper, bulgur, salt. Add tomatoes, beans, chili powder and sauce. Cover and simmer 20-25 minutes.

Bulgur Supreme Au Gratin 6 servings

approx. gm. protein/serving - 9

1 can (4 oz.) mushroom stems and pieces
3 tbsp. butter or margarine
1/4 c. chopped onion
2 1/2 c. cooked Bulgur
1/2 tsp. salt
1/8 tsp. pepper
1 tsp. seasoned salt
1 tsp. Worcestershire sauce
1 1/3 c. mushroom liquid plus beef stock or bouillon
4 oz. sharp cheddar cheese, grated paprika

Drain mushrooms and reserve liquid. Saute onion and mushroom in margarine until golden. Blend in bulgur. Add seasonings, liquid and 2/3 of the grated cheese. Turn into 1 1/2 qt. casserole. Sprinkle remaining cheese over surface, then the paprika. Bake 350° F (177° C) for 30 minutes or until browned and bubbly. Serve as a main course casserole with a vegetable or a crisp salad.

Boston Baked Bulgur

approx. gm. protein/serving - 4

2 1/2 c. cooked Bulgur
2/3 c. condensed tomato soup
3 tbsp. molasses
3/4 c. water, beef or ham stock
3 tbsp. brown sugar
1/2 tsp. dry mustard
1/2 tsp. salt
2 tbsp. minced onion
1 tsp. Worcestershire sauce
2 oz. salt pork or bacon

Blend all ingredients in a 1 1/2 qt. casserole except the salt pork. Cut salt pork in strips and press into surface of bulgur. Cover and bake at 325° F (163° C) for 45 minutes. Remove cover and continue baking about 40 minutes.

Chicken Curry Pilaf 6 servings

approx. gm. protein/serving - 28

1/4 c. butter or chicken fat
1/2 c. chopped onion
1 medium sized tart apple, peeled and chopped
1 c. thinly sliced celery
2 tsp. curry powder
1/8 tsp. ginger
2 tbsp. flour
1 1/2 tsp. salt
1/4 tsp. pepper
4 c. chicken stock
1/2 c. cream or milk
3 c. cooked diced chicken
1 c. dry Bulgur

Heat fat in heavy skillet. Add onion, apple, celery, Saute until golden. Blend in flour and seasonings. Stir in stock and cream, bring to boil, stirring constantly. Add chicken and bulgur. Cover and simmer over low heat about 20 minutes. (If chicken is fat, reduce amount of butter or skim off fat before serving).

Eggplant and Tomato with Bulgur 6 servings

approx. gm. protein/serving - 9

- 2 tbsp. butter
- 4 cloves garlic, minced
- 1 c. chopped onion
- ¼ c. chopped green pepper
- 1½ tsp. salt
- ¼ tsp. black pepper
- ½ tsp. sugar
- 1 c. water
- 2 c. beef stock or bouillon
- 1 c. Bulgur
- 2 c. chopped fresh tomatoes
- 4 c. eggplant, peeled and diced
- 1 c. grated processed American cheese

Saute garlic in butter. Add onion and green pepper and brown to golden color. Add next 6 ingredients, bring to boil and simmer 20 minutes. Add tomato and eggplant and simmer another 10 minutes. Blend in cheese until melted.

Curried Lamb Pilaf 6 servings

approx. gm. protein/serving - 30

- 3 tbsp. oil
- 3 c. cooked lamb cut in cubes
- 1/3 c. chopped onion
- ½ c. chopped tart apple
- 1 clove garlic, minced
- ½ tsp. celery seed
- 1½ tsp. curry powder
- 1/8 tsp. ginger
- 1 tsp. salt
- ¼ tsp. pepper
- 5 to 6 drops Tabasco sauce
- 1 can (10 oz.) tomato puree
- 3½ c. canned consomme or water
- 1 c. Bulgur

Saute lamb, onion, apple and garlic until onion is golden brown. Add remaining ingredients, bring to boil. Cover and simmer until thickened, about 40 minutes.

Chicken Delight with Pilaf 6 servings

- 1½ c. sliced chicken breasts
- 1 pkg. (10 oz.) frozen chopped broccoli (thawed)

Chicken Flavored Pilaf

- 1 c. dry Bulgur
- 2 tbsp. butter
- 3 tbsp. chopped onion
- 2 c. chicken stock
- ½ tsp. salt
- 1/8 tsp. black pepper

Blend all ingredients, bring to boil over moderate heat. Reduce heat, cover and simmer 10 minutes. Stir, cover, turn off heat and let stand 15 minutes to fluff. Layer in a shallow baking dish.

Sauce

- 2 tbsp. butter or chicken fat
- 3 tbsp. flour
- 1 tsp. salt
- 1/8 tsp. black pepper
- ¼ tsp. poultry seasoning
- 1½ c. chicken stock
- ½ c. milk
- 1 tbsp. lemon juice
- 3 tbsp. grated Parmesan cheese

Melt butter in sauce pan, add flour and seasonings and blend. Stir in liquid, cook (stir constantly) until mixture thickens. Remove from heat. Stir in lemon juice.

Arrange sliced chicken and chopped broccoli over the pilaf. Pour sauce over chicken and broccoli. Sprinkle Parmesan cheese over top. Bake in moderate oven 350° F (177° C) about 30 minutes.

Bulgur with Mushroom and Almonds 6 servings

approx. gm. protein/serving - 6

- 1/4 c. butter
- 1 c. dry Bulgur
- 1/2 c. slivered almonds
- 1/3 c. green onion chopped
- 7 oz. can mushroom stems and pieces
- 3 c. chicken broth (bouillon)

Put first 5 ingredients in heavy frying pan and cook over medium high heat about 20 minutes until almonds are slightly brown. Stir often. Heat oven to 325° F (163° C). When almonds are brown, add chicken broth and stir. Pour mixture into deep baking dish (2 qt.). Cover tightly and bake about 1 1/2 hours.

Salads

Bulgur Carrot-Pineapple Salad 6 servings

approx. gm. protein/serving - 3

- 1 1/2 c. cooked Bulgur
- 2 tbsp. pineapple juice
- 1 1/2 c. shredded carrots (about 4)
- 1/2 c. drained crushed pineapple
- 1/2 c. mayonnaise
- 1/2 tsp. salt
- 1/4 c. salted peanuts or salted sunflower seeds

Blend bulgur and pineapple juice. Chill. Add rest of ingredients, mix well and chill. Serve in lettuce cups. Garnish with chopped salted peanuts or salted sunflower seeds.

Bulgur Carrot-Raisin Salad

approx. gm. protein/serving - 4

- Substitute: 2 tbsp. French dressing and 2 tbsp. lemon juice for pineapple juice
2/3 c. raisins for crushed pineapple



Bulgur Salad 6 servings

approx. gm. protein/serving - 6

- 2 c. cooked Bulgur
- 3 tbsp. French dressing
- 3 tbsp. chopped sweet pickles
- 1/2 tsp. salt
- 1/8 tsp. pepper
- 1 1/2 c. thinly sliced celery
- 1/4 c. chopped green pepper
- 2 chopped hard-cooked eggs
- 1 to 2 tsp. minced onion
- 2/3 c. mayonnaise
- lettuce
- tomato wedges

Blend first 5 ingredients. Chill. Add rest of ingredients. Mix well. Serve on bed of lettuce and garnish with tomato wedges. For a hearty main course salad, add a can of tuna fish or some diced, cooked meat or poultry.



Vegetable Salad with Bulgur 6 servings

approx. gm. protein/serving - 4

- 2 c. boiling water
- 1 c. Bulgur
- 1 cucumber, peeled and diced
- 2 tomatoes diced
- 4 to 6 green onions, thinly sliced
- $\frac{1}{2}$ c. diced green pepper
- 10-12 radishes sliced
- 2 to 4 tbsp. minced parsley
- 1 tbsp. finely chopped mint ($\frac{1}{4}$ less dehydrated)
- 1 tsp. salt
- 1 tsp. seasoned salt
- $\frac{1}{4}$ tsp. pepper
- $\frac{1}{4}$ c. lemon juice
- $\frac{1}{2}$ c. olive oil

Combine water and bulgur, let set 1 hour. Combine with rest of ingredients in a salad bowl, toss gently until dressing is well blended. Chill before serving.

Bulgur Cucumber Salad 6 servings

approx. gm. protein/serving - 4

- 2 c. chilled cooked Bulgur
- $1\frac{1}{2}$ c. diced cucumber
- $\frac{1}{4}$ c. sliced green onion
- $\frac{2}{3}$ c. thinly sliced radishes
- 1 c. sour cream
- 1 tbsp. tarragon vinegar or lemon juice
- 1 tsp. salt
- $\frac{1}{8}$ tsp. white pepper
- 1 tsp. sugar
- paprika

Combine bulgur, cucumber, onion and radishes. Blend sour cream, lemon juice, salt, pepper and sugar. Toss bulgur mixture to blend and top with a sprinkle of paprika.

Breads

Bulgur Bread 3 small loaves

approx. gm. protein/loaf - 40

- $\frac{3}{4}$ c. cooked Bulgur
- $\frac{1}{2}$ c. boiling water
- $\frac{1}{4}$ c. butter
- 1 pkg. dry active yeast
- 1 c. warm milk
- 2 tsp. salt
- $\frac{1}{4}$ c. sugar
- 1 egg
- 5-5 $\frac{1}{2}$ c. unsifted all-purpose flour

Pour boiling water over bulgur, add butter. Let cool. Add warm milk, salt, sugar, and egg to bulgur. Mix well. Add 2 c. flour and dry active yeast to liquid. Stir well or beat with electric beater at medium speed until bubbles appear. Add remaining flour to make a stiff dough. Turn on to floured board. Let rest while cleaning and greasing bowl. Knead dough using as little flour as possible until dough is smooth and elastic, 8 to 10 minutes. Place in greased bowl, turning dough to grease all surfaces. Cover, let rise in a warm place until double in bulk (about 1 hour). If time avails - punch down and let rise again. Turn out on board, knead a few times to work out large bubbles. Divide into 3 small loaves. Let rest while greasing pans. ($7\frac{3}{8} \times 3\frac{5}{8} \times 2\frac{1}{4}$). Shape loaves. Grease top of loaf by turning over in pan. Let rise about 45 minutes. Bake in pre-heated oven 350° F (177° C) about 35 minutes. Remove from pan and let cool away from draft. Slice into 12 slices per loaf.

Bulgur rolls

approx. gm. protein/recipe - 66

$\frac{1}{2}$ c. shortening
1/3 c. sugar
 $\frac{1}{2}$ c. cooked Bulgur
1 tsp. salt
 $\frac{1}{2}$ c. boiling water
1 egg, well beaten
1 pkg. yeast
 $\frac{1}{2}$ c. lukewarm water*
3 to $3\frac{1}{4}$ c. flour

Combine shortening, sugar, bulgur, salt. Add boiling water; stir until shortening melts. Cool to lukewarm. Add eggs and yeast that has been softened in lukewarm water. Add $\frac{1}{2}$ the flour, beat well. Add remaining flour and beat well. Knead until smooth, place in greased bowl; cover. Let rise until double in bulk. Turn out on board, make into 18 rolls of desired shapes. Let rise again. Bake at 400°F (204°C) for 10 to 12 minutes. Dough may be refrigerated after kneading.

*Use 1 c. water. Add dry active yeast with first addition of flour.



Bulgur muffins 6 servings

approx. gm. protein/serving - 5

$\frac{1}{4}$ c. dry Bulgur
1 c. water
 $\frac{1}{8}$ tsp. salt
1 c. sifted flour
3 tsp. baking powder
 $\frac{1}{3}$ c. sugar
 $\frac{1}{4}$ tsp. salt
1 egg, slightly beaten
 $\frac{1}{2}$ c. milk
 $\frac{1}{4}$ c. melted shortening

Blend bulgur, water and salt; bring to simmer; cover and simmer 15 minutes or until most of water is absorbed. Sift dry ingredients together. Combine egg, milk, shortening and bulgur; stir into dry ingredients just enough to blend. Batter should look rough. Drop into well greased ($2\frac{1}{4}$ inch) muffin tin. Sprinkle tops with sugar and cinnamon mixture. Bake in hot oven, 400°F (204°C) 20 to 25 minutes. Makes 12 medium size muffins.

Topping: 2 tbsp. sugar
 $\frac{1}{4}$ tsp. cinnamon

Variations:

Blueberry - $\frac{1}{2}$ c. fresh or canned (drained) blueberries added - with liquid ingredients.

Date nut - $\frac{1}{4}$ c. chopped dates and 2 tbsp. finely chopped nuts to dry ingredients.

Nutty - 2 tbsp. sugar, $\frac{1}{2}$ tsp. cinnamon, 2 tbsp. firmly chopped nuts, sprinkle atop batter in each pan before baking.

Raisin - $\frac{1}{2}$ c. raisins to dry mixture.

Spicy apple - $\frac{1}{2}$ tsp. cinnamon, and $\frac{1}{4}$ tsp. nutmeg to dry ingredients. Add $\frac{1}{3}$ c. finely diced apple (peeled & cored) to liquid mixture.

Pumpkin Muffins 6 servings

approx. gm. protein/serving - 6

1½ c. sifted flour
2 tsp. baking powder
¾ tsp. salt
½ c. sugar
½ tsp. cinnamon
½ tsp. nutmeg
¼ c. butter
1 egg
½ c. cooked pumpkin
½ c. milk
½ c. seeded raisins
½ c. cooked Bulgur
1 tbsp. sugar

Sift dry ingredients together, cut in butter; add raisins. Combine egg, pumpkin, milk and bulgur; add to mixture. Mix only to combine. Fill greased muffin pans 2/3 full. Sprinkle each muffin with sugar. Bake in hot oven (400° F., 204° C) for 18 to 20 minutes.

Bulgur Pancakes 6 to 7 inch cakes

approx. gm. protein/cake - 6

1 egg
1 c. milk
1 tbsp. melted shortening or cooking oil
¼ c. dry Bulgur (or ½ c. cooked Bulgur)
1 c. flour
2 tsp. baking powder
1 tbsp. sugar
½ tsp. salt

Beat egg, blend in milk, shortening and bulgur. Sift together dry ingredients. Add all at once. Stir only until blended. Do not beat. Adjust according to the thickness desired, by adding a tbsp. of milk to thin or more flour to thicken. Let stand a few minutes before baking on hot griddle.

Doughnuts yields 24 doughnuts

approx. gm. protein/doughnut - 4

4 c. sifted all-purpose flour
½ tsp. cream of tartar
1 tsp. soda
½ tsp. nutmeg
1 tsp. salt
¾ c. sugar
2 tbsp. shortening
2 eggs
1 c. buttermilk
½ c. cooked bulgur

Sift together dry ingredients. Cream shortening and sugar, add eggs. Beat until light. Add dry ingredients with buttermilk to creamed mixture. Stir in bulgur. Let set 20 minutes. Handle dough as little as possible. Roll to ½ inch thick. Cut and fry in deep fat (375° F, 190° C). Turn only once. Glaze while warm.

Glaze

1 c. powdered sugar
¼ c. boiling water
Blend thoroughly. Roll warm doughnut in glaze. Drain on wire rack. The run off glaze may be picked up and used again.



Bulgur Waffles (milk) 8 waffles

approx. gm. protein/waffle - 15

- 1 c. milk
- 2 egg yolks, well beaten
- 2 egg whites, beaten stiff
- 3 tbsp. melted butter
- 3 tbsp. dry Bulgur ($\frac{1}{2}$ c. cooked bulgur)
- $1\frac{1}{2}$ c. sifted all-purpose flour
- 3 tsp. baking powder
- $\frac{1}{2}$ tsp. salt
- 2 tsp. sugar

Beat egg yolks, add milk, butter and bulgur. Sift together dry ingredients. Stir gently into liquid. Fold in beaten egg whites. Let stand a few minutes before baking as directed for waffle iron.

Cakes

Pumpkin Bulgur Cookies 4 dozen

approx. gm. protein/cookie - 1

- 2 c. sifted flour
- 1 tsp. soda
- 1 tsp. baking powder
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{2}$ tsp. cinnamon
- $\frac{1}{2}$ tsp. nutmeg
- $\frac{1}{4}$ tsp. ginger
- 1 c. brown sugar
- 1 c. pumpkin
- $\frac{1}{2}$ c. salad oil
- 1 tsp. vanilla
- 1 c. raisins
- $\frac{1}{2}$ c. cooked bulgur

Sift together dry ingredients. Mix together sugar, pumpkin, oil and vanilla, beat well, add dry ingredients to pumpkin mixture. Stir until smooth. Blend in raisins and bulgur. Drop by spoonfuls on greased baking sheet and flatten slightly. Bake at 350°F (177°C) for 12 minutes.

Bulgur Cake 12 servings

approx. gm. protein/serving - 5

- 1 c. cooked Bulgur
- $\frac{1}{4}$ c. water
- $1\frac{1}{2}$ c. sifted all-purpose flour
- 2 tsp. baking powder
- 1 tsp. salt
- 1 c. brown sugar
- $\frac{1}{2}$ c. butter
- 2 eggs
- 1 tsp. maple flavoring
- $\frac{1}{2}$ c. chopped nuts

Combine water and bulgur. Sift together dry ingredients. Cream butter and sugar until light and fluffy. Add flavoring and eggs, beat until thick and creamy. Add bulgur to mixture. Blend dry ingredients to above mixture. Pour into 9x12 inch greased cake pan. Sprinkle with nuts. Bake at 350°F (177°C) until springs back when touched, 30-35 minutes.

Pumpkin Cookies 2 doz.

approx. gm. protein/cookie - 1

- 1 c. sifted all-purpose flour
- 2 tsp. baking powder
- $\frac{1}{2}$ tsp. salt
- $1\frac{1}{4}$ tsp. cinnamon
- $1/8$ tsp. ginger
- $\frac{1}{4}$ tsp. nutmeg
- $\frac{1}{4}$ c. lard
- $\frac{1}{2}$ c. sugar
- 1 egg
- $\frac{1}{2}$ c. cooked pumpkin
- 1 tsp. water
- $\frac{1}{2}$ c. raisins
- $\frac{1}{4}$ c. chopped nuts
- $\frac{1}{4}$ c. cooked Bulgur

Sift together dry ingredients. Cream lard and sugar together until light. Add egg and blend thoroughly. Add dry ingredients to creamed mixture alternately with the pumpkin and water. Add raisins, nuts and bulgur. Mix well. Drop from teaspoon onto greased baking sheet about 2 inches apart and flatten slightly. Bake in a 400°F (204°C) oven for 12 minutes. Do not overbake.

Bulgur Light Fruit Cake 3 $\frac{1}{4}$ lb.

approx. gm. protein/cake - 81

1 $\frac{1}{3}$ c. sifted all-purpose flour
1 $\frac{1}{3}$ c. golden raisins
 $\frac{2}{3}$ c. diced glace citron
1 c. glace cherries
1 c. slivered blanched almonds
 $\frac{3}{4}$ c. butter
 $\frac{3}{4}$ c. sugar
4 eggs
 $\frac{1}{2}$ tsp. lemon extract
 $\frac{1}{4}$ tsp. rum extract
 $\frac{1}{2}$ tsp. vanilla
1 $\frac{1}{3}$ c. cooked Bulgur

Combine flour, fruit and almonds. Mix to separate fruit pieces. Cream butter and sugar until light and fluffy. Add eggs and flavorings, beat until thick and creamy. Stir in bulgur. Add flour-fruit mixture and blend thoroughly.

Fill greased loaf pan or mold about $\frac{3}{4}$ full (coffee or shortening cans will do). Cover tightly. Steam 3 hours. Cool 15 minutes, remove from pans and brush with brown sugar glaze.

Bulgur Dark Fruit Cake 2 $\frac{3}{4}$ lb.

approx. gm. protein/cake - 52

$\frac{3}{4}$ c. sifted all-purpose flour
 $\frac{1}{4}$ tsp. baking soda
 $\frac{1}{2}$ tsp. cinnamon
 $\frac{1}{4}$ tsp. allspice
 $\frac{1}{8}$ tsp. mace
 $\frac{1}{8}$ tsp. nutmeg
 $\frac{1}{2}$ c. seedless raisins
 $\frac{1}{2}$ c. golden raisins
 $\frac{1}{2}$ c. currants
1 c. diced mixed glace fruit
1 c. diced glace citron
 $\frac{1}{2}$ c. glace cherries
 $\frac{1}{4}$ c. butter
 $\frac{1}{4}$ c. sugar
2 egg yolks

$\frac{1}{4}$ c. cider
 $\frac{1}{4}$ c. strawberry preserves
 $\frac{1}{2}$ c. cooked Bulgur
2 egg whites, beaten

Sift together dry ingredients. Add fruits and mix enough to separate pieces of fruit. Cream butter and sugar until light and fluffy. Add egg yolks. Beat until thick and creamy. Stir in cider, preserves and bulgur. Add flour-fruit mixture and blend thoroughly. Fold in beaten egg whites. Fill greased loaf pans or mold three-fourths full (coffee or shortening cans will do). Cover tightly. Steam 3 hours. Cool for 15 minutes, remove from pans, and brush with brown sugar glaze.

Brown Sugar Glaze

$\frac{1}{3}$ c. water
 $\frac{1}{3}$ c. light corn syrup
 $\frac{1}{2}$ c. brown sugar, firmly packed
2 tbsp. lemon juice
Blend water, syrup and sugar in sauce pan. Boil 2 minutes. Stir in lemon juice. Brush while warm on fruit cake.

Pumpkin Bulgur Gingerbread 12 servings

approx. gm. protein/serving - 4

$2\frac{1}{4}$ c. sifted flour
1 tsp. soda
 $\frac{1}{2}$ tsp. salt
1 tsp. ginger
1 tsp. cinnamon
 $\frac{1}{2}$ c. shortening
 $\frac{1}{2}$ c. sugar
1 egg
1 c. sour milk or buttermilk
 $\frac{1}{2}$ c. pumpkin
 $\frac{1}{2}$ c. molasses
 $\frac{1}{2}$ c. cooked Bulgur

Sift together dry ingredients. Cream shortening, sugar and egg. Blend sour milk, pumpkin, molasses and bulgur; add alternately to cream mixture with the dry ingredients. Pour into well-greased 9x12 inch pan. Bake at 325^oF (163^oC) for 40-45 minutes.

Banana Bulgur Cake 10-12 servings

approx. gm. protein/serving - 6-5

- 1/3 c. dry Bulgur
- 1 1/4 c. water
- 1/8 tsp. salt
- 2 c. sifted all-purpose flour
- 3 tsp. baking powder
- 1/2 tsp. salt
- 1/2 c. butter
- 1 c. sugar
- 2 eggs
- 1 tsp. vanilla
- 3/4 c. mashed banana
- 1 tsp. lemon juice
- 1/4 c. milk

Blend bulgur, water & salt. Bring to a simmer, cover and simmer 15 minutes or until most of water has been absorbed. Sift dry ingredients together, set aside. Cream butter and sugar until fluffy, beat in eggs until thick and creamy. Blend cooked bulgur, vanilla, banana, lemon juice and milk. Add alternately with dry ingredients to creamed mixture. Blend well after each addition. Turn into greased 1 1/2 qt. loaf pan or 9x9 inch pan. Bake in moderate oven, 350° F (177° C) about 1 hour depending on the depth of the batter.



Desserts

Bulgur Nuggets 5 dozen

approx. gm. protein/cookie - 1

- 1 1/4 c. sifted all-purpose flour
- 1/2 tsp. baking powder
- 1/2 tsp. salt
- 1/2 tsp. cinnamon
- 1/2 tsp. allspice
- 1/2 c. chopped dates
- 1 c. raisins
- 1/2 c. chopped nuts
- 1/2 c. solid shortening or lard
- 1/4 c. brown sugar
- 2 eggs, well beaten
- 2/3 c. honey
- 1/2 c. cooked Bulgur
- 2 tbsp. orange juice

Sift dry ingredients. Add dates, raisins and nuts. Cream shortening and sugar. Add eggs, honey, orange juice and bulgur. Beat well. Stir in dry ingredients. Drop by teaspoons on greased baking sheet. Bake at 325° F (163° C) for 18 to 20 minutes or until golden brown. Avoid over-baking.

Apple-Bulgur Crisps 6 servings

approx. gm. protein/serving - 2

- 2 c. sliced apples
- 1/4 c. brown sugar
- 2 tbsp. flour
- 1/2 tsp. salt
- 1/2 c. cooked Bulgur
- 1/2 c. brown sugar
- 1/4 c. butter or margarine
- 1/4 c. flour
- 1/2 tsp. cinnamon

Mix first four ingredients and place in greased, 8x8 inch square pan. Combine remaining ingredients and sprinkle over apple mixture. Bake in 350° F (177° C) 35-45 minutes.

Bulgur Butterscotch Bars 27 bars

approx. gm. protein/bar - 2

- $\frac{1}{2}$ c. cooked or soaked Bulgur ($\frac{1}{4}$ c. dry and $\frac{1}{2}$ c. plus 2 tbsp. boiling water)
- 1 $\frac{3}{4}$ c. sifted flour
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{2}$ tsp. baking powder
- $\frac{1}{2}$ c. butter or margarine
- $\frac{1}{2}$ c. brown sugar
- 3 eggs
- $\frac{1}{4}$ tsp. vanilla

Soak bulgur. Sift together dry ingredients. Cream butter and sugar. Add eggs and beat well. Add dry ingredients. Beat until smooth. Add vanilla and cooked or soaked bulgur. Spread in 9"x12" pan. Bake at 350° F (177° C) for 15 minutes. Remove from oven and sprinkle on topping. Return to oven and bake an additional 10-15 minutes or until toothpick comes out clean.

Crumb topping:

- $\frac{1}{2}$ c. rolled wheat
- $\frac{1}{2}$ c. brown sugar
- $\frac{1}{4}$ c. melted butter

Melt butter and sugar together, add wheat. Chill. Break into fine crumbles, sprinkle on partially baked bar mix.



Peanut Bulgur Bars 36 bars

approx. gm. protein/bar - 2

- $\frac{1}{2}$ c. sifted all-purpose flour
- 2 tsp. baking powder
- $\frac{3}{4}$ tsp. salt
- $\frac{1}{3}$ c. peanut butter
- 2 tbsp. butter or margarine
- 1 c. sugar
- 2 eggs, beaten
- 2 tsp. lemon juice
- $\frac{1}{2}$ c. milk
- 1 c. Bulgur
- $\frac{1}{2}$ c. raisins

Sift together dry ingredients. Cream peanut butter and butter until light and fluffy. Gradually add sugar and cream until well blended. Add milk and lemon juice to the well beaten eggs. Add dry ingredients to the creamed mixture. Stir in bulgur and raisins. Spread on a greased baking pan (10x17x1 inch). Bake at 375° F (190° C) for 15 minutes. Cut in bars. Serve warm or cool (best warm).

Pumpkin Pie 5-6 servings

approx. gm. protein/serving - 7-6

- 1 9 in. Bulgur pie shell
- 1 c. pumpkin
- $\frac{1}{3}$ c. brown sugar
- $\frac{1}{3}$ c. white sugar
- 1 tsp. cinnamon
- 1 tsp. ginger
- $\frac{1}{4}$ tsp. salt
- 2 eggs
- 1 c. milk

Blend together pumpkin, sugars, spices and eggs. Add milk. Pour into unbaked pie shell. Bake in 375° F (190° C) oven 45 to 60 minutes or until set.

Bulgur pie crust is a nice accompaniment to pumpkin pie.

(directions in B635)

Nutty Apple & Bulgur Betty 6 servings

approx. gm. protein/serving - 6

Base: 2½ c. cooked Bulgur
3 tbsp. peanut butter
1½ tbsp. sugar
¼ tsp. cinnamon

Filling: 1 can (1 lb.) sweetened and thickened apple pie filling
½ tsp. vanilla
1 tsp. lemon juice
¼ tsp. cinnamon
pinch nutmeg

Blend "base" in shallow baking or pie dish - 9 inch. Press in as for a crust. Do not bring up edge as bulgur will become hard. Blend filling ingredients and layer over bulgur mixture. Bake in 350° F (177° C) oven 20 to 25 minutes.

Fresh apple filling:

2 c. sliced apples
¼ c. brown sugar, firmly packed
½ c. granulated sugar
2 tbsp. flour
½ tsp. cinnamon

Mix together and layer as above. Bake until apples are tender and browned.



Bulgur Crumbles

approx. gm. protein/serving - 117

6 slices (½ loaf) Bulgur bread, or whole wheat bread toasted and cut into ¼ inch cubes
½ c. finely chopped nuts
1 c. cooked Bulgur
¾ c. corn syrup
½ (6 oz.) butterscotch chips
2 tbsp. slivered orange or lemon peel or lemon bits
¼ c. orange or lemon juice

Keep bread cubes warm until ready to mix in syrup. Combine nuts and bulgur in a large bowl. Mix corn syrup, butterscotch chips, lemon peel or bits and lemon juice in a sauce pan. Cook to soft-ball stage (240° F, 116° C). Add bread cubes to nuts and bulgur. Pour syrup over the mixture. Mix until coated. Spread on cookie tray and return to 350° F (177° C) oven for 10 to 15 minutes, stirring occasionally, to dry off excess moisture from the cooked bulgur.

Old-fashioned Bulgur Raisin Pudding 5-6 servings

approx. gm. protein/serving - 6

2½ c. cooked Bulgur
1½ c. evaporated milk
1½ c. water
1/3 c. sugar
½ tsp. salt
¼ tsp. mace
½ c. raisins

Combine all ingredients in a 2 qt. casserole. Cover and bake at 325° F (163° C) for 45 minutes. Remove cover, stir and continue baking uncovered for about 45 minutes or until nicely browned.

Bulgur Plum Pudding 2 3/4 lb.

approx. gm. protein/pudding - 76

1 1/3 c. sifted all-purpose flour
3/4 tsp. baking powder
3/4 tsp. salt
1/2 tsp. cinnamon
1/2 tsp. nutmeg
1/4 tsp. cloves
3/4 c. brown sugar
3/4 c. seedless raisins
3/4 c. currants
3/4 c. diced mixed glace' fruit
2/3 c. chopped apple (peeled and cored)
5 eggs
1/4 c. cider
1 1/3 c. cooked Bulgur

Sift together dry ingredients. Add sugar and fruit. Mix enough to separate pieces. Beat eggs until thick. Stir in cider and bulgur. Add flour-fruit mixture and blend thoroughly. Fill greased loaf pan or mold 3/4 full (coffee or shortening cans will do). Cover tightly. Steam 3 hours. Serve warm with Hard sauce

(directions in B635).

Bulgur Pecan Whip 20 servings

approx. gm. protein/serving - 1

1 1/4 c. cooked Bulgur
1 c. water
1/2 tsp. salt
1 c. finely cut celery (optional)
1 c. marshmallows
1 c. crushed pineapple
1/2 c. chopped pecans
2 c. whipped cream, sweetened
(1 c. whipping cream)

Combine bulgur and water, simmer about 5 minutes, until moisture is absorbed. Add remaining ingredients, chill. Use ice cream scoop for serving. Top each serving with whipped cream and a marachino cherry. This may be chilled overnight.

Steamed Bulgur Fruit Pudding 10-12 servings

approx. gm. protein/serving - 5

1/2 c. dry Bulgur
1 1/2 c. milk
1/2 c. dried prunes (pitted)
1/2 c. raisins
1/4 c. dried apricots
1 1/2 c. sifted flour
2 tsp. baking powder
1 tsp. salt
1/2 c. butter or shortening
1 1/4 c. sugar
2 eggs
1 tsp. vanilla

Soak bulgur in warm milk while preparing other ingredients. Sift together dry ingredients. Cream butter and sugar until fluffy, add eggs and vanilla. Beat until thick and creamy. Grind together the prunes, raisins and apricots. Stir in fruit and bulgur-milk mixture. Add dry ingredients. Blend well. Fill greased loaf pan or mold three-fourths full (2 or 3 one-pound coffee cans or shortening cans will do). Cover tightly. Steam 2 hours. Serve warm with lemon sauce or hard sauce.

Lemon sauce

1/2 c. sugar
1 tbsp. cornstarch
1 c. cold water
1 tbsp. butter
1 tbsp. lemon rind
3 tbsp. lemon juice
1/4 tsp. salt

Blend sugar and cornstarch, add water. Cook slowly, stirring constantly until thickened and clear. Remove from heat. Stir in butter, lemon rind, lemon juice and salt. Serve warm.

Bulgur Suet Pudding with Sour Sauce
10-12 servings

approx. gm. protein/serving - 8

4 c. sifted flour
1 tsp. soda
1½ tsp. salt
½ tsp. ginger
½ tsp. cloves
½ tsp. nutmeg
1 tsp. cinnamon
1 c. finely chopped suet
1 c. molasses
1½ c. buttermilk
1 c. raisins and/or currants
1 c. cooked Bulgur

Sift dry ingredients together. Add fruit. Make a well in the flour, and add suet, molasses, buttermilk and bulgur. Mix thoroughly. Pour into pudding mold, cover and steam 3 hours. Dry off in oven. Serve warm with Sour Sauce.

Sour Sauce

1 c. sugar
2 tbsp. flour
1 c. boiling water
1 tbsp. vinegar
1 tbsp. butter
½ tsp. vanilla

Blend sugar and flour. Add boiling water. Stir until clear. Heat to boiling. Remove from heat, add vinegar, butter and vanilla. Serve hot.



Bulgur Bread Pudding 6 servings

2 slightly beaten eggs
2 ¼ c. milk
1 tsp. vanilla
½ tsp. ground cinnamon
¼ tsp. salt
2 c. 1-inch day-old Bulgur bread cubes
½ c. brown sugar
½ c. raisins

Combine eggs, milk, vanilla, cinnamon and salt. Stir in bread cubes. Stir in brown sugar and raisins. Pour mixture into 8x1 ¾ inch round ovenware cake dish.

Place cake dish in large shallow pan or oven rack; pour hot water into large pan 1 inch deep. Bake at 350° F (177° C) about 45 minutes or till knife inserted halfway between center and edge comes out clean.

Butterscotch Bulgur Bavarian
6-8 servings

approx. gm. protein/serving - 7

1 tbsp. gelatin (1 envelope)
¼ c. water
2/3 c. brown sugar
1½ c. evaporated milk
¼ tsp. salt
1½ c. cooked Bulgur
1 tsp. vanilla
½ c. whipping cream

Blend gelatin and water in sauce pan, let set a few minutes. Stir in brown sugar, milk and salt. Heat over low heat, stir constantly until gelatin and sugar are dissolved. Stir in bulgur and vanilla. Chill until thick. Whip cream and add to gelatin mixture. Pour into an oiled mold. Chill until firm. Unmold and garnish, if desired, with whipped cream or whipped topping and pecan halves.

Pumpkin Bulgur Whip with Custard Sauce
4 servings

approx. gm. protein/serving - 5

3 egg whites
3 tbsp. sugar
 $\frac{1}{4}$ c. chopped nuts
 $\frac{3}{4}$ c. cooked pumpkin
 $\frac{1}{4}$ c. cooked Bulgur
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{8}$ tsp. cinnamon
 $\frac{1}{3}$ tsp. ginger
1 tsp. lemon juice

Beat egg whites until stiff. Add sugar gradually and beat until dissolved. Mix other ingredients and fold in egg whites. Pour into buttered custard cups or 1 qt. casserole. Set in pan of hot water. Bake at 350° F (177° C) 35 minutes or more for casserole until set. Serve with Custard Sauce.

Custard Sauce:

3 egg yolks
1 c. warm milk
2 tbsp. sugar
 $\frac{1}{8}$ tsp. salt
 $\frac{1}{2}$ tsp. vanilla

Beat egg yolks slightly with a fork, add sugar and salt. Blend into warm milk. Heat over low heat, stirring constantly until mixture coats the spoon. Remove from heat. Add vanilla. Serve either warm or chilled with pumpkin whip.



Peanut Butter Bulgur Bavarian
6-8 servings

approx. gm. protein/serving - 13

1 pkg. (1 tbsp.) gelatin
 $\frac{1}{2}$ c. cold water
 $\frac{3}{4}$ c. peanut butter
 $\frac{3}{4}$ c. sugar
2 c. hot cooked Bulgur
1 tbsp. lemon juice
1 tsp. vanilla
2 c. milk

Mix gelatin and water, heat until gelatin is dissolved. Blend peanut butter, sugar, hot bulgur and lemon juice. Add gelatin, stir in vanilla and milk. Chill until thick but not firm. Stir. Turn into an oiled mold. Chill until firm. Unmold and garnish with whipped cream or whipped topping and chopped peanuts.

Pineapple Bulgur Bavarian
6-8 servings

approx. gm. protein/serving - 5

1 tbsp. gelatin (1 envelope)
 $\frac{1}{3}$ c. sugar
 $\frac{3}{4}$ c. pineapple juice
 $\frac{1}{2}$ tbsp. lemon juice
 $\frac{1}{3}$ c. drained pineapple (crushed)
 $\frac{1}{2}$ c. cooked Bulgur
 $\frac{1}{4}$ tsp. vanilla
1 c. milk
 $\frac{1}{2}$ c. whipping cream

Blend in saucepan gelatin and sugar, add juices, heat over low heat until gelatin is dissolved. Add pineapple, bulgur, vanilla, and milk, blend well. Chill until thick but not firm. Whip cream and fold into gelatin mix. Turn into an oiled mold. Chill until firm. Unmold and garnish with whipped cream or whipped topping and a few mint leaves.

Baked Custard 6-8 servings

approx. gm. protein/serving - 16-12

- $\frac{1}{4}$ c. Bulgur
- $\frac{1}{2}$ c. boiling water
- $\frac{1}{8}$ tsp. salt
- 6 large eggs, beaten
- $\frac{1}{2}$ to $\frac{2}{3}$ c. sugar
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{2}$ tsp. cinnamon
- $3\frac{1}{2}$ c. hot milk
- $\frac{3}{4}$ tsp. vanilla
- 1 tbsp. grated orange or lemon rind
(optional)
- 1 c. raisins

Add bulgur to boiling, salted water. Stir, cover and simmer for 15 minutes, remove from heat to steam for a few minutes. Add sugar, salt and cinnamon to the beaten eggs. Slowly pour hot milk into the egg mixture. Add cooked bulgur, vanilla, orange rind and raisins. Pour into a baking pan ($7\frac{1}{2} \times 11\frac{1}{2}$ inch) or similar size. Set in a pan of hot water. Bake in 350°F (177°C) oven about one hour.

Baked Banana Bulgur Custard 6 servings

approx. gm. protein/serving - 7

- $1\frac{1}{2}$ c. cooked Bulgur
- 1 c. mashed banana
- 1 tbsp. lemon juice
- $1\frac{1}{2}$ tsp. grated lemon rind
- 1 tsp. vanilla
- $\frac{1}{3}$ c. sugar
- $\frac{1}{8}$ tsp. salt
- 2 c. milk
- 2 eggs, slightly beaten
- 1 tbsp. melted butter
- cinnamon

Blend all ingredients but cinnamon. Pour into a baking pan ($7\frac{1}{2} \times 11\frac{1}{2}$ inch) or similar size. Sprinkle with cinnamon. Bake in 350°F (177°C) for 40-45 minutes or until set.

Indian Pudding I 6 servings

approx. gm. protein/serving - 7

- $\frac{1}{4}$ c. cooked Bulgur
- $\frac{1}{2}$ tsp. salt
- 1 tsp. cinnamon
- $\frac{1}{4}$ tsp. ginger
- $\frac{1}{8}$ tsp. cloves
- $\frac{1}{3}$ c. sugar
- $\frac{1}{2}$ c. molasses
- 3 tbsp. butter or margarine
- $\frac{1}{2}$ c. raisins (optional)
- $1\frac{1}{4}$ c. whole milk

Mix all together in a 2 qt. casserole. Cover and bake at 325°F (163°C) for 45 minutes. Remove cover and continue baking for about 45 minutes. Serve with whipped cream or ice cream.

Substitute: 1 large can evaporated milk ($1\frac{1}{2}$ c.) and $\frac{1}{2}$ c. water.

Not quite as nice a product.

Indian Pudding II 6 servings

approx. gm. protein/serving - 10

- $2\frac{1}{2}$ c. cooked Bulgur
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{2}$ tsp. cinnamon
- $\frac{1}{4}$ tsp. ginger
- $\frac{1}{8}$ tsp. cloves
- $\frac{1}{3}$ c. sugar
- $\frac{1}{2}$ c. molasses
- 3 tbsp. butter or margarine
- $\frac{1}{2}$ c. raisins (optional)
- 3 c. whole milk

Mix all together in a 2 qt. casserole. Cover and bake at 325°F (163°C), 45 minutes. Remove cover and continue baking about 45 minutes. Serve with whipping cream or non-dairy topping or ice cream.

Substitution: 1 large can evaporated milk ($1\frac{1}{2}$ c.) and $1\frac{1}{4}$ c. water.

Not quite as good a product.

Bulgur Cherry Custard 6 servings

approx. gm. protein/serving - 4

Base: 2. c. hot cooked Bulgur
2 tbsp. butter
1/3 c. brown sugar
1/2 tsp. cinnamon

Filling: 1 1/2 tbsp. cornstarch
1/4 c. sugar
1 can (1 lb.) red sour pitted
cherries, drained
1 tbsp. lemon juice

Topping: 2 eggs, slightly beaten
1 c. milk
3 tbsp. sugar
1/2 tsp. vanilla

Blend "base" ingredients in baking or pie dish (9 inch). Press in as for crust. Blend in saucepan cornstarch, sugar and juice. Cook, stirring constantly, until thickened. Stir in cherries and lemon juice. Pour over bulgur mixture. Blend topping and pour over cherry mixture. Bake in 350° F (177° C) oven for 1 hour or until custard is set.

Variation: Apricot custard, Blueberry custard, Boysenberry custard, Pineapple custard and Peach custard

Substitute 1 can (1 lb.) of any of these fruits for the cherries in the above recipe. Reduce sugar if fruit is sweetened.

Canned pie filling may be substituted, omit cornstarch and sugar. Sprinkle lemon juice over the fruit filling. Then add topping.
