



Bulgur Salad (Kisir)

INGREDIENTS

- 1 cup of fine bulgur
- 1/3 cup of warm water
- 1/3 cup of olive oil
- 1/4 cup of tomato paste
- 2 Tbsp of Turkish pepper paste (can replace with tomato paste)
- 1/4 tsp Turkish chilli flakes - optional
- 1/2 tsp paprika
- 1 tsp salt or to taste
- 1 tsp dried mint
- cracked black pepper
- 1/4 tsp sumac
- 1/3 cup of lemon juice
- 3 Tbsp of pomegranate molasses
- 1 bunch of parsley - chopped
- 1/2 cup (handful) of mint - chopped
- 1/2 cup (handful) of dill - chopped
- 6 shallots - chopped
- 1 cup of gherkins/pickles - cut in half and diced
- 1 medium - large tomato finely diced
- 1 cup of chopped red cabbage
- Handful of fresh pomegranate to sprinkle on top and/or through the kisir (optional)

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Bulgur Salad (Kisir)

METHOD

1. Place bulgur into a large bowl, pour the warm water over it, give it a stir and cover. Let it rest while you prepare the rest of the ingredients.
2. Place the olive oil, tomato paste, and Turkish pepper paste into medium pan and turn the heat onto medium heat.
3. Once the mixture starts to heat up, stir for 1 minute and take off the heat.
4. Add the tomato, Turkish pepper paste mixture and spices to the bulgur and mix through.
5. You will notice the bulgur puff up and the mixture become very dry. The mixture will soften once everything else is added. Cover and leave while you get the rest of the ingredients ready.
6. Chop and dice all the vegetables and set aside.
7. Add the lemon juice and pomegranate molasses into the bulgur mixture and gently mix.
8. Add the remaining ingredients, mix again and serve.

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Spinach Stew (Ispanak Yemegi)

INGREDIENTS

- 1/4 cup of olive oil
- 2 medium onions diced
- 1/4 cup of tomato paste
- 2 Tbsp of Turkish pepper paste (you can replace with tomato paste)
- 2 bunches of English spinach chopped
- 1 medium carrot diced
- 1 clove of garlic (optional)
- 1/3 cup of medium grain rice – wash in a sieve under running water then leave to drain
- 5 cups of water or stock
- 2 tsp of salt or to taste
- 1/4 tsp Turkish chilli flakes (optional)
- cracked black pepper
- 1/2 tsp paprika

Garlic Yogurt

- 2 cups of yogurt
- 1 clove of garlic
- Salt to taste (optional)

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Spinach Stew (Ispanak Yemegi)

METHOD

1. Place oil into a large saucepan and turn on heat to medium/high. Add the onions.
2. Cook onions stirring occasionally, for 5 - 8 minutes or until they are almost caramelised.
3. Add the tomato paste and the Turkish pepper paste and mix through. Add the chopped spinach and carrots and mix through.
4. When the spinach has almost wilted add the rice, water, spices and garlic. Mix through. Put the lid on the saucepan on an angle (so the steam can escape).
5. Let the dish simmer on medium heat stirring occasionally (so the rice doesn't stick to the bottom).
6. Cook until the rice has cooked through, and the liquid has reduced for about 20 – 25 minutes.
7. While the spinach stew is cooking prepare the Garlic Yogurt.
8. Place the yogurt into a medium bowl and add the garlic and salt. Stir through and place back into the fridge (you will take this out when you are ready to serve).
9. When the spinach stew is ready, turn off heat and put the lid on fully and let the stew rest for 5 minutes before serving.
10. To serve, place the stew into semi bowls and top with a dollop of garlic yogurt. Serve with Turkish crusty bread.

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