

**FAV RECIPE**  
CRACKED  
WHEAT BREAD



MARCH  
*into*  
MARCH

Giving you energy  
this month!

**BULGUR WHEAT**

**RECIPE BOOKLET**

# MARCH BULGUR WHEAT

The Arabian, Egyptian and Roman civilizations have been eating dried cooked wheat from as early as 1,000 B.C and evidence shows that the Chinese have been eating it from as early as 2,800 B.C.

The Roman word for bulgur is *cerealis*, after Ceres, the goddess of harvest; Israelites called it Dagan, a word meaning "bursting kernels of grain" other Mid-Easterners called it arisah, and it is a mainstay in the diet.

When compared to refined wheats, bulgur wheat is a much better source of vitamins and minerals. Sometimes referred to as 'cracked wheat', this ancient grain isn't quite as popular as many other grains, although it can form part of a healthy diet. Bulgur wheat is a type of wheat that hasn't been stripped of its wheat germ in the way that white flour has been, so it contains higher levels of nutrients and fibre and is also slower to digest as a result, helping to keep you feeling fuller for longer without a drastic spike in your blood sugar levels.

Fancy giving bulgur wheat a go why not try our bulgur and spinach fritters with tomato chutney or if you fancy a sweet treat be sure to try our bulgur wheat kheer, a fragrant and sweet Indian rice pudding style dessert with sugar and cardamom.

Be sure to use all the marketing and keep us posted of how you're getting on with plenty of great photos.

## HUNGRY FOR MORE?

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## CRUNCHY BULGUR & CHICKPEA SALAD

**SERVES**  Ten

**ALLERGENS**  Wheat, Gluten, Celery

## INGREDIENTS

- 200g bulgur wheat
- 50g pumpkin seeds
- 1 leek , finely diced
- 3tbsp. pomace olive oil
- 2 lemon, zest and juice
- 50g raisin
- 400g chickpea , drained
- Parsley, small handful, chopped
- Coriander, small handful, chopped
- Mint, small handful, chopped

To serve:

- 1 iceberg lettuce, leaves
- 2 red peppers, cut into strips
- 50g radishes, sliced
- 2 celery sticks
- Lo salt, pinch
- Ground black pepper, pinch

## METHOD

1. Cook the bulgur wheat according to packet instructions. Allow to cool. Lightly toast the pumpkin seeds in a non-stick pan over a low heat, until golden.
2. Put all the salad ingredients into a bowl and toss together well. Taste and adjust the seasoning if necessary. Serve piled on to plates or into bowls with iceberg lettuce, radishes, red pepper and celery.



## BULGUR & SPINACH FRITTERS WITH TOMATO CHUTNEY

**SERVES**  Ten

**ALLERGENS**  Wheat, Sulphur Dioxide, Soya, Egg, Gluten

## INGREDIENTS

- 200g bulgur wheat
  - 500g spinach
  - 4tsp. ground cumin
  - 2 onion, finely chopped
  - 2 garlic clove, chopped
  - 170g fresh breadcrumb
  - 2 eggs, beaten
  - Lo salt, pinch
  - Ground black pepper, pinch
- For the chutney:
- 200g sugar
  - 10ml white wine vinegar
  - 1 onion, finely sliced
  - 500g tomatoes, diced
  - Salad leaves, to serve

## METHOD

1. First make the chutney. In a small saucepan, heat the sugar, vinegar and some salt. Boil for 1 minute, then add the onion and tomatoes. Simmer for a further minute, then remove from the heat and set aside.
2. Boil the bulgur wheat in plenty of water for approx. 5 minutes, until tender. Drain well and tip into a bowl. Put the spinach in a colander and pour over boiling water from the kettle to wilt. Cool under the cold tap, then squeeze out as much water as you can. Chop and add to the bulgur with the cumin, onion, garlic and breadcrumbs. Tip half into a food processor and blitz until it forms a chunky paste. Return to the remaining half with the beaten egg and some seasoning. Mix together, then shape into 10 patties and chill until ready to cook.
3. Heat oven to 180°C. Heat the oil in a wide frying pan, preferably non-stick, and fry the fritters in two batches until crisp on both sides.
4. Serve the fritters with the chutney and some salad leaves.



## HERBED CHICKEN, PEACH & MOZZARELLA SALAD

**SERVES**  Ten

**ALLERGENS**  Wheat, Mustard, Milk, Gluten

## INGREDIENTS

- 200ml vegetable stock, made with freshly boiled water
  - 125g bulgur wheat
  - 250g cooked chicken, shredded
  - 150g peach halves, tinned
  - Mint, small handful, chopped
  - Dill, small handful, chopped
  - Basil, small handful, chopped
  - 50g pumpkin seeds, toasted
  - 100g mozzarella cheese, grated
  - Lo salt, pinch
  - Ground black pepper, pinch
- For the dressing:
- 2 limes, zest and juice
  - 1tsp white wine vinegar
  - Caster sugar, pinch
  - 60ml pomace olive oil
  - 1 garlic clove, crushed
  - 1tsp. caster sugar
  - 1tsp. wholegrain mustard

## METHOD

1. Pour the boiling-hot stock over the bulgur in a large bowl. Cover with cling film and set aside for approx. 15 minutes until the stock has been totally absorbed and the grains are tender.
2. Cut each peach half into 6 wedges. Whisk the dressing ingredients together with some seasoning.
3. When the bulgur looks dry and has swollen up in the bowl, remove the cling film. Fluff it up with a fork and allow to cool fully.
4. Roughly chop the herbs just before serving, then toss into the bulgur. Place into a large bowl, then add in the chicken, peaches, seeds and mozzarella.
5. Roughly toss everything together a little. Drizzle over the dressing to serve.



## CRACKED WHEAT BREAD

**SERVES**



2 large loaves

**ALLERGENS**



Wheat, Sulphur Dioxide, Milk, Gluten

## INGREDIENTS



- 120g bulgur wheat
- 355ml boiling water
- 18g active dry yeast
- Caster sugar, pinch
- 60ml water, tepid
- 240g Greek yoghurt, tepid
- 60g black treacle
- 1tbsp. honey
- 60g butter, cut into pieces, room temperature
- 1tbsp. lo salt
- 130g wholemeal plain flour
- 300g strong white bread flour
- 30g butter, melted (for brushing loaves)

## METHOD



1. Place the bulgur wheat in a bowl and pour boiling water over it. Clingfilm and set aside for an hour to soften.
2. In a small bowl, place the tepid water, yeast and a pinch of sugar. Allow to stand for approx. 8 minutes, until the yeast starts to bubble and foam covering the surface.
3. Combine the Greek yoghurt, treacle, honey and butter in a bowl and set aside.
4. In the mixing machine bowl with the dough hook attached, mix together the wholemeal flour and salt. Stir in the milk mixture and stir until smooth, approx. 3 minutes. Strain the cracked wheat and add to the flour mixture until combined. Add the flour a little at a time until the dough pulls from the side of the bowl and forms a ball.
5. Keep the dough kneading in the machine for a further 4 to 5 minutes until a springy soft ball is formed.
6. Remove the dough from the machine bowl and place in a separate bowl. Cover the bowl loosely with cling film. Allow to rise at room temperature for about 1½ hours until doubled in bulk.
7. Gently deflate the dough by just pressing down on it. Divide in half for two rounds of loaves and place on parchment paper lined trays or loaf tins. Brush the tops with melted butter and loosely cover with cling film. Set aside for half an hour until risen again.
8. Preheat the oven to 180°C. Place the loaves into the oven for approx. 35 minutes. The loaves should be done when tapping them your finger sounds hollow.
9. Remove bread from the oven and place on cooling racks to cool. If making loaves, remove from the tins place on racks.



## PUMPKIN & BULGUR WHEAT CAKE

**SERVES**  Ten

**ALLERGENS**  Wheat, Oats, Barley, Milk, Egg, Gluten

## INGREDIENTS

- 50g bulgur wheat
  - 80g stork, melted
  - 80g honey
  - 80g caster sugar
  - 2 eggs, free range
  - 1 lemon, zest and juice
  - 100g pumpkin, peeled and grated
  - 125g pumpkin and sunflower seeds, mixed
  - 200g plain flour
  - $\frac{3}{4}$ tsp. bicarbonate of soda
  - $\frac{1}{2}$ tsp. ground cardamom
- For the icing:
- 30ml boiling water
  - 225g icing sugar
  - 1tsp vanilla essence

## METHOD

1. Take a saucepan and add the bulgur wheat. Pour on twice its volume in water, bring to the boil then put the lid on and leave off the heat to cool. It should absorb all the water and have a slightly chewy texture.
2. Line the base of a round, 18cm spring-form cake tin with non-stick paper and heat the oven to 160°C. Put the cooked bulgur wheat in a mixing bowl with the stork, honey, sugar and eggs, then whisk everything together well.
3. Stir in the lemon zest and juice, grated pumpkin and seeds. Finally combine the flour, bicarbonate of soda and cardamom, sift and mix evenly. Spoon into the tin and bake for about 40-50 minutes until a skewer comes out clean. Leave to cool in the tin before removing and icing.
4. For the icing, weigh in the water straight into a small bowl. Then stir in the icing sugar and vanilla essence until smooth and spread over the cake.



## BULGUR WHEAT FALAFEL WITH TAHINI YOGHURT & HONEY SAUCE

**SERVES**  Ten

**ALLERGENS**  Wheat, Soya, Sesame, Milk, Gluten

## INGREDIENTS

- 200g bulgur wheat
  - 240ml boiling water
  - 600g chickpeas
  - 2 onion, finely chopped
  - 3 garlic, cloves, grated
  - Lo salt, pinch
  - Ground black pepper, pinch
  - 1tsp, chilli powder
  - 2tsp baking powder
  - Flat leaf parsley, chopped
  - 450g breadcrumbs
  - 240ml vegetable oil
- For the dressing:
- 260g Greek Yoghurt
  - 20g tahini
  - 1 garlic, clove, grated
  - 1tsp honey
  - 1tsp paprika
  - 10 pitta bread
  - 1 Iceberg lettuce, shredded
  - 200g tomatoes, chunky diced
  - ½ cucumber
  - ½ red onion, thinly sliced

## METHOD

1. Mix all "sauce" ingredients. Cover and let the flavours mingle in fridge.
2. In small bowl, combine bulgur and boiling water. Set aside for approx. 30 minutes, until the water is absorbed. Drain off any excess water.
3. In a separate bowl combine the chickpeas, onion, garlic, salt, pepper, and chili powder in a food processor just until it holds together in a rough dough.
4. In a large bowl, combine bulgur, baking powder, parsley, egg, and chickpea mixture. Cover and refrigerate for an hour to firm up.
5. Scoop tablespoon-sized rounds from the dough and gently pat to form balls or nuggets. Should make about 30 small falafels.
6. Pour breadcrumbs onto a plate. Roll each falafel in breadcrumbs to lightly coat.
7. Heat a few tablespoons of oil over medium/high heat in a large skillet. Cook falafels, working in batches, for about 5 minutes each, flipping frequently, until light brown and crispy. Add more oil as required. Place cooked falafels on a dry paper towel until ready to serve.
8. Spread sauce on a pitta and top with lettuce, tomatoes, onion, and 3 falafels to each pitta bread and finish with a little more sauce.



## VEGETARIAN BULGUR CHILLI

**SERVES**  Ten

**ALLERGENS**  Wheat, Gluten

## INGREDIENTS

- 40ml vegetable oil
- 2 onions, diced
- 2 red pepper, seeded and diced
- 2 green chillies, finely diced, optional
- 4 garlic, cloves, minced
- 2tsp. chilli powder
- 2tsp. ground cumin
- 1tsp. dried oregano
- ½tsp. ground cinnamon
- 200g bulgur wheat
- 300ml vegetable stock
- 600g tomatoes, chopped
- Lo salt, pinch
- 350g red kidney beans, rinsed and drained
- Coriander, small handful, chopped
- 400g long grain rice
- 20ml vegetable oil

## METHOD

1. Heat the oil in a heavy-bottomed pot over medium-high heat.
2. Add the onion, pepper, and chillies and cook until softened but not brown, approx. 3 minutes.
3. Add the garlic, chili powder, cumin, oregano and cinnamon and cook until fragrant, about 1 minute. Add the bulgur, chopped tomatoes, salt, and vegetable stock. Bring to a boil, then reduce the heat, cover, and simmer for 10 minutes.
4. Cook the rice as per packet instructions and set aside.
5. Add the kidney beans and continue to simmer, uncovered, until the bulgur is tender-chewy and the chili thickens slightly, 10 to 15 minutes more.
6. Serve with chopped coriander and steamed rice.



## LEMON & PARSLEY TABBbouLEH

**SERVES**



Ten

**ALLERGENS**



Wheat, Gluten

## INGREDIENTS



- 250g bulgur wheat
- 350ml vegetable stock
- 2 garlic clove , crushed
- 2 lemon, zest and juice
- 40ml pomace olive oil
- 250g tomato, finely chopped
- 50g sunflower seeds, chopped
- Flat-leaf parsley, large handful, very roughly chopped
- Lo salt, pinch
- Ground black pepper, pinch

## METHOD



1. Place the bulgur wheat in a heatproof bowl with the garlic, pour over boiling stock to cover, then set aside for 30 minutes for bulgur wheat to cook.
2. Drain thoroughly and fluff up with a fork. Stir in the remaining ingredients and season. Set aside in the fridge until ready to serve.



## FETA TABBOULEH WITH AUBERGINES

**SERVES**  Ten

**ALLERGENS**  Wheat, Milk, Gluten

## INGREDIENTS

- 250g bulgur wheat
- 4 garlic cloves, crushed
- 150ml olive oil
- 2 aubergines, thinly sliced lengthways
- 250g chickpea, drained
- 280g cherry tomato, halved
- 2 red onion, chopped
- 150g feta cheese, crumbled
- Mint, large handful, chopped
- 1 lemons, juiced
- Lo salt, pinch
- Ground black pepper, pinch

## METHOD

1. Cook the bulgur wheat according to pack instructions, then drain well. In a small bowl, mix together the garlic and olive oil, then use half to brush over both sides of the aubergine strips with some seasoning. Sear the strips on a hot griddle or in a frying pan for 3 mins each side until charred and softened.
2. Tip the bulgur wheat into a large bowl with the chickpeas, tomatoes, onion, feta and mint, then pour over the remaining garlicky oil and the lemon juice. Mix and season well, then add in the chopped aubergines to serve.



## KISIR (CRACKED BULGUR WHEAT SALAD)

**SERVES**



Ten

**ALLERGENS**



Wheat, Gluten

## INGREDIENTS



- 700g bulgur wheat
- 60g tomato puree
- 1ltr vegetable stock
- 2 spring onions, bunches
- 2 red pepper
- 2 green pepper
- Lo salt, pinch
- Ground black pepper, pinch
- 30ml pomace olive oil
- 1 lemon, zest and juice
- Coriander, small handful, chopped
- Mint, small handful, chopped

## METHOD



1. Put the bulgur in a large bowl. Add the tomato puree to the stock and heat to just below boiling point. Pour over the bulgur and mix well, at this point you should also season with a little salt and black pepper. Cover with cling film and allow to stand for approximately 1 hour.
2. Meanwhile, finely slice the spring onions and dice the peppers. Once the bulgur has expanded in size use a fork to fluff and loosen the bulgur grains. Mix in the vegetables dress with olive oil, lemon zest and juice, fold through the chopped herbs to serve.



## MIDDLE EASTERN KIBBEH

**SERVES**  Ten

**ALLERGENS**  Wheat, Sulphur Dioxide, Milk, Gluten

## INGREDIENTS

- 350g bulgur wheat
- 800ml vegetable stock, hot
- 800g lean minced lamb
- 2 red onion, grated
- Coriander, large handful, chopped
- ½tsp. ground allspice
- 1tsp. ground cumin
- 1tsp. ground cinnamon
- 1tsp. chilli powder

### To serve:

- 10 pitta breads, wholemeal
- 1 baby gem lettuce, shredded
- 2 carrots, peeled and grated
- ½ cucumber, thinly sliced
- 100g radishes, thinly sliced and tossed in 1tbsp. lemon juice
- 300g Greek yoghurt
- ½ cucumber
- Mint, few sprigs, chopped

## METHOD

1. Put the bulgur wheat in a saucepan and pour over the hot stock. Cover and leave to stand for approx. 15 minutes. Remove the lid from the pan and cook the bulgur wheat over a low heat for 4–5 minutes, stirring frequently, until the excess liquid has evaporated. Tip onto a tray, spread out and leave to cool.
2. Tip the cooled bulgur wheat into a bowl. Add the lamb, onion, coriander, dry spices and season to taste. Thoroughly mix together with your hands.
3. Preheat the grill to moderate. Divide the lamb mixture into 40 pieces and shape into oval-shaped balls. Thread the kibbeh onto the soaked wooden skewers, putting 2 on each skewer. Arrange side by side on a foil-lined grill pan and grill for approx. 4–5 minutes on each side until well-browned and cooked through. Remove and wrap loosely in the foil to keep warm.
4. Put the pitta bread on the grill pan and grill for about 30 seconds on each side to warm them. Run a knife down one long edge of each pitta and gently open out to make a pocket.
5. Half-fill the pitta bread pockets with the shredded lettuce, carrot, cucumber and radishes. Slide the kibbeh off the skewers and divide among the pitta pockets. Add more salad to taste. Drizzle each one with a spoonful of the yoghurt, cucumber and mint and serve immediately.



## BEEF & BULGUR MEATBALLS WITH SWEET CINNAMON TOMATO SAUCE

**SERVES**  Ten

**ALLERGENS**  Wheat, Soya, Milk, Gluten

## INGREDIENTS

- 100ml vegetable oil
- 2 onions, peeled and finely diced
- 8 garlic cloves, peeled and very finely chopped
- 1tsp. ground allspice
- 2tsp. ground cumin, lightly toasted
- 160g bulgur wheat
- 1kg minced beef
- 160g tomatoes, halved and diced
- Flat-leaf parsley, large handful, half finely chopped, half roughly chopped
- 800g chopped tomatoes
- 80ml vegetable oil
- 1 cinnamon stick
- 2 bay leaves
- Lo salt, pinch
- Ground black pepper, pinch
- 300ml plain yoghurt
- 1 garlic clove, finely grated
- 1 lemon, zest and juice

## METHOD

1. Put half the vegetable oil in a medium saucepan set over a medium–low heat, then fry the onion for approx. eight minutes, until soft and translucent, but not coloured. Add the garlic and spices, cook, stirring, for a further two, until fragrant, then take off the heat and set aside.
2. Boil the kettle. Rinse the bulgur under cold running water, drain and transfer to a bowl. Pour over enough just-boiled water, cover, leave the bulgur to steep for 10 minutes, then drain thoroughly and put to one side.
3. In a large bowl, mix the beef mince, chopped tomatoes, drained bulgur, half the spiced cooked onion mix and the finely chopped parsley, and use your hands to mix and knead for at least two minutes, until soft and well combined. Shape the mince into ping-pong ball-sized meatballs and set aside.
4. Add the tinned tomatoes, bay and cinnamon to the remaining onion mix in the pan, season well with salt and plenty of freshly ground black pepper, then set over a moderate heat and bring to a simmer. Reduce the heat, and cook the tomatoes for approx. 10 minutes, until rich and thick. Adjust the seasoning to taste.
5. Put the vegetable oil in a large frying pan over a moderate heat, then fry the meatballs in batches for approx. three minutes, until browned all over, but not cooked through. Once browned, transfer the meatballs to the warm tomato sauce pan.
6. Once all the meatballs are browned and in the sauce, cover the pan, set it over a low heat and leave to simmer for approx. 10 minutes, until cooked through. Once cooked, remove from the heat and leave the meatballs to rest in their sauce for five minutes.
7. Put the yoghurt in a small serving bowl and stir in the grated garlic, lemon juice and a big pinch of salt.
8. Place the meatballs and tomato sauce in a serving dish garnish with spoons of seasoned yoghurt, some roughly chopped parsley.



## GREEK TRAHANA

**SERVES**  Ten

**ALLERGENS**  Wheat, Soya, Milk, Gluten

## INGREDIENTS

- 1kg bulgur wheat
- 2ltr vegetable broth
- 1 onion, peeled
- 2 garlic cloves, peeled and diced
- 1 carrot, peeled and diced
- 1 bay leaf
- Thyme, few sprigs, picked
- 600ml yoghurt
- 60ml vegetable oil
- Lo salt, pinch
- Ground black pepper, pinch

## METHOD

1. In a large pot heat 4 tablespoons of oil over medium heat and add the bulgur wheat. Stir until coated with oil, about 1 minute. Add the vegetable stock, onion, garlic, carrot and bring to a boil. Add bay leaf, thyme, reduce the heat and simmer for approx. 40 minutes, stirring often, until the bulgur is tender and nutty tasting and the broth slightly thickened. Remove the bay leaf from the mix.
2. The mixture should be similar to porridge. Remove from heat and add the soup to a food processor and pulse it for about 20 seconds. Return the mixture to the pan add the yoghurt and season to taste.
3. Add more or less stock to achieve consistency you would like and serve.



## BULGUR WHEAT MUFFINS

**SERVES**  Ten

**ALLERGENS**  Wheat, Mustard, Egg, Gluten

## INGREDIENTS

- 280g bulgur wheat
- 1 onion, finely diced
- 2 carrots, grated
- Coriander, small handful, chopped
- 60g parmesan cheese, grated
- 60g plain flour
- 4 eggs, free range
- Lo, salt, pinch
- Ground black pepper, pinch
- Mustard seeds, pinch
- 30ml olive oil

## METHOD

1. Preheat oven to 200°C.
2. Combine the onion, carrot, chopped coriander, parmesan cheese, flour, and eggs and mix very well.
3. Season everything with salt, pepper, and ground mustard seeds. Add the cooked bulgur wheat, mix and pour the mixture into the greased wells of a muffin tin and bake for approx. 20 minutes, until golden.



## BULGUR WHEAT KHEER

**SERVES**



Ten

**ALLERGENS**



Wheat, Milk,  
Gluten

## INGREDIENTS



- 200g bulgur wheat
- 700ml semi skimmed milk
- 100g caster sugar
- 2tsp of cornflour
- ½tsp. turmeric
- 60ml warm milk
- 1tsp. cardamom powder

## METHOD



1. Wash and soak the bulgur wheat in water for 15 minutes, then drain and discard the water.
2. Combine the bulgur wheat along with 230ml of water in a pan, mix well and cook on a medium heat for 3 to 4 minutes until the water evaporates, while stirring occasionally.
3. Add the milk, sugar, cornflour – milk mixture and cook on a medium heat for approx. 7 minutes, until the mixture becomes thick. Add the turmeric and warm milk, cardamom powder and mix well.
4. Set aside to cool slightly, then refrigerate for at least 15 minutes.
5. Pour into cups to serve.

The logo features the word "Mindful" in a black, lowercase, sans-serif font. Below it, the word "food" is written in a large, bold, red, lowercase, sans-serif font. The letter 'o' in "food" is replaced by a stylized black lightbulb icon with a filament.

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**RECIPE BOOKLET**