

# Kisir

(Bular Wheat Salad)



## Ingredients

- 1 tbsp olive oil
- 1 small, sliced red onion
- 2 garlic cloves, very finely chopped
- 2 tsp ground cumin
- 1 red chilli, halved, deseeded and cut into fine shreds
- 1 green chilli, halved, deseeded and cut into fine shreds
- 1¾ tbsp tomato purée
- 250g bulgur wheat
- 4 plum tomatoes, chopped
- 15g walnuts, roughly chopped
- Pomegranate seeds from ½ pomegranate (about 60g)
- 30g bunch flat-leaf parsley, finely chopped
- big handful mint leaves, torn
- 1 large lemon, juiced
- 85ml extra virgin olive oil
- 1¾ tbsp pomegranate molasses

## **Method**

Heat the oil in a medium sized saucepan and sauté the onion to just take off the raw edge. Add the garlic and cook for another 30 secs or so. Add the cumin and chillies and cook for another 1 min. Stir in the tomato purée and 175ml boiling water. Add the bulgur, season, stir everything together, remove from the heat, cover and leave to sit for about 15 mins. The water should have been absorbed.

Fork the grains to separate and aerate them, then add the tomatoes, walnuts, pomegranate seeds and herbs and fork them through. Mix the lemon juice, extra virgin olive oil and pomegranate molasses in a small bowl. Add three quarters of this, then taste to see if it needs any more (if it seems well flavoured and moist enough, then leave it).

The kisir can sit at room temperature for a few hours, or covered in the fridge – but let it come to room temperature before serving.

It is a refreshing dish mainly served cold