

Flavors of Rochester at the Market

Celebrating the Cuisines and Cultures of our Community

*A sampling series brought to you by the Rochester Public Market,
Friends of the Rochester Public Market, and Democrat and Chronicle
Saturdays, May through September 10 a.m. to 12 p.m.*

www.cityofrochester.gov/marketflavors
roc.democratandchronicle.com/section/flavors

Guest Chefs for May 30, 2015: Turkish Cultural Center of Rochester

KISIR (Cracked Whole Wheat Salad)

PREP TIME: 20 min

Bulgur salad with parsley, tomato, cucumber, onion and green onion makes a perfect light lunch!

Serves: 4

INGREDIENTS

- 1 cup fine bulgur
- 1 cup hot water
- 1 tsp dried mint/ 1 tsp red pepper flakes /
- A pinch of cumin
- ½ tsp salt
- 1 lemon, squeezed
- 1 tbs pepper paste
- 7 tbs olive oil
- 7 tbs canola oil
- 1 onion, finely chopped
- 2 green onions, 1 tomato, 1 cucumber finely chopped
- ½ bunch of parsley, finely chopped
- Grape leaves or lettuce to serve

INSTRUCTIONS

1. Soak bulgur with hot water in a large bowl.
2. Add spices and salt on it and cover with its lid or with a piece of cloth, wait until bulgur rises, about 10 minutes.
3. Meanwhile chop all vegetables.
4. Finely chopped onion and sauté it with canola oil, Add pepper paste and spice mix until combined very well.
5. When bulgur rises, add sautéed onion and lemon juices and olive oil, mix with a spoon.
6. Toss in chopped veggies and mix. Serve it on Plates with lettuce optional