



Flavors of Rochester at the Market

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

www.cityofrochester.gov/marketflavors;
www.democratandchronicle.com/rocflavors

Guest Chef for June 4, 2016:

Turkish Cultural Center of Rochester

www.turkishculturalcenter.org

Recipe: Turkish Bulgur Salad

Bulgur is a nutritious high-fiber, low fat, low-calorie vegetarian/vegan whole wheat grain that has been cracked and pre-cooked partially. Ingredients:

Fine bulgur	Black pepper
Pepper paste	Lettuce
Onion	Parsley
Vegetable oil	Scallions
Red flaky pepper	Lemon juice

1. First, soak the fine bulgur in boiling water for about 20 minutes. Occasionally stir.
2. Sauté the finely chopped onions in vegetable oil. Add a tablespoon of pepper paste. Then add red pepper flakes, black pepper and salt to taste.
3. Chop the lettuce, parsley and scallions finely.
4. When the sautéed onion mixture cools down, add the mixture to the fine bulgur. Add lemon juice and salt to taste and mix thoroughly.
5. Last, add the chopped greens, mix and serve.