

Wholesome Recipes

from the *Amazing Wheat Book*

by LeArta Moulton



Bulgur Wheat

Bulgur wheat is a pre-cooked and dried preparation of wheat, which gives the advantage of cooking faster than whole or cracked wheat.

It has a sweet, nut-like flavor and crunchy texture. If bulgur wheat is not available and you do not want to make your own, cracked wheat can be used in most recipes.

How To Prepare Bulgur Wheat

Method 1

Wash the whole-kernel wheat in cool water, then discard water.

Place wheat in medium saucepan and enough water to cover wheat (about 2 inches).

Bring to boil. Turn heat off, let rest 1 to 2 hrs.

Add more water if needed and bring to boil again, then let rest another 1 to 2 hours.

Drain (use water for plants, soups or other cooking) and dry out in 200° oven until very dry. It can also be dried in dehydrator or in the sun on screen trays.

Method 2

Steam the washed wheat kernels in double the amount of water until the liquid is absorbed and the wheat is tender (about 1 hr or less). Spread thinly on cookie sheet or shallow pan and place in oven at 200° until it is dry enough to crack easily. Remove chaff by rubbing the kernels between wetted hands. Crack the dried wheat in a mill or grinder to moderately fine, or use whole. Store in airtight container on shelf.

To Reconstitute:

Boil 1 C bulgur to 2 C water for 5 to 10 min or soak overnight. It will double in volume.

Suggestions for Serving:

- As a meat extender
- Cooked and chilled, it can be added to cold salads, especially cole slaw. Soaked overnight, it can be added to breads, rolls, and cookies. Serve with cream of mushroom or chicken soup on top, then add chicken, pimentos, almonds, or tuna.