

# *Kısır*



## *Description of Kısır*

**Kısır is a traditional Turkish side dish made from fine bulgur, parsley, and tomato paste. The main ingredient, bulgur, is a cereal food generally made from parboiled durum wheat. In Turkey the recipe for *kısır* varies from region to region. In Adana they use more water than anywhere else or in Antakya (Hatay) they don't use water at all.**

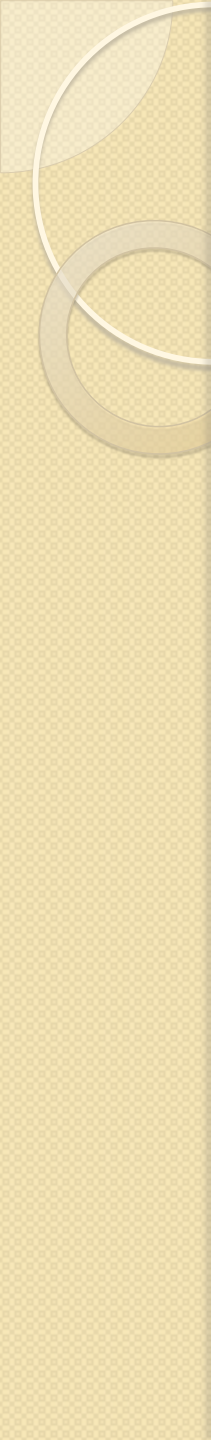
# Ingredients

- **1 ½ cups cracked wheat (fine bulgur)**
- **1 onion, chopped**
- **2 tbsp tomato paste**
- **1/3 cup olive oil**
- **1 ¾ cups boiling water**
- **1 tomato, chopped finely**
- **1 cucumber, chopped finely (optional)**
- **½ bunch of fresh parsley/dill, chopped finely**
- **2-3 leaves of lettuce, chopped finely**
- **1-2 green onions, chopped**
- **1/3 cup lemon juice**
- **½ tsp cumin**
- **1 tsp dried mint**
- **1 tbsp salt to taste**

**In a large bowl place fine and bulgur and add boiling water**







Stir and leave bulgur for 5-10 minutes to absorb all the water. Make sure that bulgur is not wet. The size of bulgur should be doubled.

Meanwhile, place olive oil and onions  
in a skillet and sauté over medium  
heat



Then add tomato paste and salt, sauté for 1-2 minutes





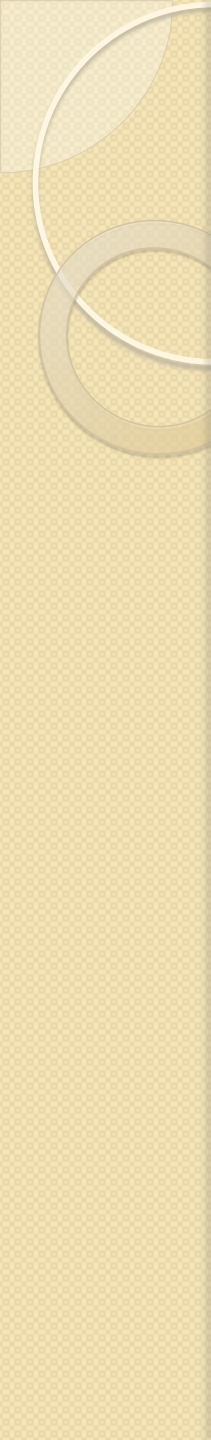
Then add lemon juice, cumin and dried mint. Mix them all and let them cool





Add this mixture to puffed up bulgur and combine them using your hands





Finally, add tomato,  
cucumber, green onions,  
lettuce, parsley /dill and  
mix them all











Enjoy Your Meal 😊





Thank you for  
watching

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