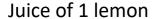
KISER - a tabbouleh variation from Turkey

INGREDIENTS

- 1 ½ cups bulgur (cracked wheat)
- 1½ cups hot water
- 1 tablespoon tomato paste or red capsicum paste
- 1 teaspoon paprika
- 1 red onion finely chopped
- 1 teaspoon salt

Freshly ground black pepper



- 2 tablespoons pomegranate molasses
- 2 tablespoons olive oil
- 2 spring onions -cut finely
- 2 tomatoes chopped into small pieces
- 5 sprigs parsley finely chopped
- ½ red capsicum -cut finely
- 1 cucumber cut finely

Pomegranate arils for garnish

METHOD

- 1. Mix the bulgur wheat, salt, pepper, paprika and tomato paste.
- 2. Chop the onion finely and mix through the bulgur mix.
- 3. Pour the hot water over the mixture and stir.
- 4. Let this sit for the next group and use one prepared by previous group.
- 5. Add the lemon juice, pomegranate syrup and olive oil.
- 6. Stir around carefully.
- 7. Finely chop the spring onion, capsicum, cucumber and tomatoes. Add to the bowl.
- 8. Cut the parsley into small pieces with scissors. Then finely chop it with the cook's knife using the wave action. Stir through the bulgur.

Share between 4 serving plates and garnish with the pomegranate arils. Add a dessert spoon to each plate for serving.

