

# **KISER** = a tabbouleh variation from Turkey

## **INGREDIENTS**

1 ½ cups bulgur (cracked wheat)  
1 ½ 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



Juice of 1 lemon  
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.