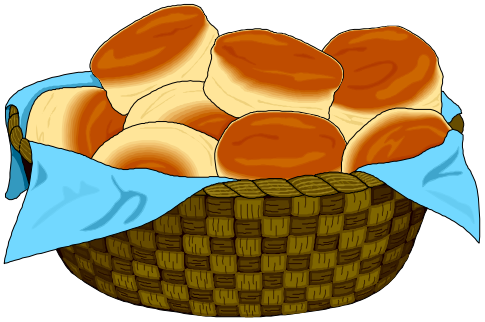

Whole Kernel and Bulgur Wheat

Preparation and Usage

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Wheat

Wheat is the most important grain crop in the world, inasmuch as it provides more nourishment for more people than any other grain. It has been estimated that wheat supplies 40 to 60 percent of the available energy and protein in developing countries. Wheat is high in carbohydrates and protein. The protein quality based on essential amino acid content is the best of any grain. Wheat is also an important food in the world because it can be stored for long periods of time and provides a good foundation for a home food storage plan. (See Extension Circular 371, Home Storage of Wheat.)

Origin and History

The history of wheat parallels the development of civilization. Wheat was cultivated even before history was recorded. Archaeologists have found wheat kernels in ancient ruins which are thought to be 6700 years old. Various forms of wheat and bread have been referred to with reverence through history. The Bible has references to our daily bread, Hebrews celebrate the Passover by eating unleavened bread, and Europeans commonly refer to bread as the staff of life.

Types of Wheat—Winter Wheat vs Spring Wheat

Two main types of wheat are winter wheats and spring wheats. Winter wheats are planted in the fall and harvested the following summer. Spring wheats are planted in the spring after the threat of frost is over and ripen in the summer of the same year.

Hard vs Soft

Hard wheats are higher in protein content (11-15%) than soft wheats and are usually used for bread. High protein durham wheats which are used for pasta are also hard wheats. Soft wheats are lower in protein (6-12%) and are used mainly for cakes cookies, pastries and crackers. All-purpose flour is usually a mixture of high and low protein wheats and contain a medium amount of protein which makes reasonably good bread as well as good cakes, cookies, pastry and other baked products.

Nutritional Value of Wheat

Wheat is high in carbohydrate, mainly complex carbohydrate (starch) which is a primary source of energy for many populations. Wheat has the highest protein value of any of the cereals, however, it is not a complete protein. Wheat makes a good contribution of some of the B vitamins and trace minerals (iron and zinc) as well.

Whole grain wheat products contain more nutrients than refined wheat products where the germ and bran are removed. White flour is frequently enriched with the addition of B vitamins and iron to replace the nutrients which are lost in processing. Whole wheat is a good source of fiber. A comparison of whole wheat and white enriched flour follows.

The revised USDA Dietary Guidelines for Americans includes the statement: “Choose a diet with plenty of vegetables, fruits and grain products.” The recommended number of daily servings of breads and cereals is six, an increase from four servings. At least half of the servings should be whole grain products. The increase in complex

carbohydrate (starch) and dietary fiber from these foods is thought to be preventative of chronic diseases such as cancer, diabetes, and heart disease.

Comparison of Whole-Grain Wheat Flour and White, Enriched Flour

	Amount in 100 gm	
	White	Whole-Grain
Calories	364	339
Protein, g	10.33	13.70
Carbohydrate, g	76.31	72.57
Crude Fiber, g	0.25	2.10
Calcium, mg	15	34
Iron, mg	4.64	3.88
Magnesium, mg	22	1.38
Phosphorus, mg	108	3.46
Potassium, mg	107	405
Sodium, mg	2	5
Zinc, mg	0.70	2.93
Copper, mg	0.144	0.382
Manganese, mg	0.682	3.799
Ascorbic Acid, mg	0	0
Thiamin, mg	0.785	0.447
Riboflavin, mg	0.494	0.215
Niacin, mg	5.904	6.365
Pantothenic Acid, mg	0.438	1.008
Vitamin B6, mg	0.044	0.341
Folacin, mcg	26	44

Source: USDA Handbook 8

Wheat Flour

Most wheat is utilized by grinding the whole grain to a fine dry powder called flour. A coarser grinding will result in a meal or cracked whole grain product.

Bleached and Unbleached Flour

After the grinding and separating of the whole wheat kernel, the resulting flour has a yellowish, creamy color due to the carotenoid pigments from the wheat. This is the same pigment in the yellow and orange vegetables and fruits which is converted to vitamin A. Freshly ground flour may be allowed to stand for several months while the carotenoid pigments are oxidized naturally and changes occur in the protein. This whitens the color and also improves the baking quality. Fresh flour gives a relatively

low volume and a fairly coarse textured loaf. A faster method to accomplish the maturing and bleaching process is the addition of permissible products (bleaching agents) to the flour. The flour must be labeled “bleached.” There are no differences in the texture or flavor of products made from either bleached or unbleached flour.

Enriched and Fortified Flour

White flour which is labeled “enriched” has had the following vitamins and minerals added.

	Amount per lb. of flour
Thiamin	2.9 mg
Riboflavin	1.8 mg
Niacin	24.0 mg
Iron	13.0 to 16.5 mg
Calcium (optimal)	960 mg

If calcium is added, the flour is labeled as “fortified” since the original wheat does not contain calcium, whereas “enriched” indicates the addition of nutrients which are lost during milling.

Gluten Flour

Gluten flour is a special mixture of wheat flour and gluten (the protein in wheat) with a higher total protein content of 41 percent. This flour can be mixed with a low-protein flour to give sufficient strength for yeast leavened breads. Approximately 1/2 cup of gluten flour added to two loaves of bread will improve volume and texture.

Self-Rising Flour

Self-rising flour has had the addition of soda and a dry acid for leavening and salt. The flour is frequently used for quick breads such as pancakes, biscuits and muffins.

Instantized Flour

Regular all-purpose flour is exposed to hot water droplets or steam to combine individual particles into agglomerates resulting in a granular flour which blends more easily with liquid.

Whole Wheat Flour/White Flour Substitution

In a recipe the word “flour” usually indicates white flour. Substituting whole wheat flour for white flour in most baked products will cause changes in texture, flavor and color. The use of whole wheat flour will give less volume and more compact texture. Many people prefer using half and half to retain the desirable characteristics for special baked products.

✿ WHOLE KERNEL WHEAT ✿

When rehydrated and cooked, wheat kernels expand and pop open. In addition to being used as a hot cooked cereal, cooked whole kernel wheat can be added to casseroles and combination dishes to add variety, texture and flavor. Meat dishes can be extended by adding wheat. The sudden consumption of large quantities of high fiber whole grains can cause gastrointestinal distress. A gradual increase in whole wheat is recommended to avoid this problem.

How to Cook Whole Kernel Wheat

Wash one cup of clean whole kernel wheat and add to 2 cups of cool water and 1 teaspoon of salt. Allow to soak overnight or for 12 hours. Place rehydrated wheat in a pan and bring to a boil. It may be necessary to add water. Simmer for about 1 hour until tender. Wheat need not be covered with water since cooking by steam is effective. Water should be mostly absorbed at the end of the cooking time. The plumped, cooked wheat will keep in a covered container in the refrigerator for about two weeks or frozen for longer periods of time.

Alternative Cooking Methods

1. A slow cooker or deep well cooker might be used to cook wheat.
2. The use of a pressure saucepan will decrease cooking time. Process 1 cup of washed wheat in 2 cups of water at 15 lbs pressure for 15 minutes. Salt is optional.

Wheat may also be cooked by placing 1 cup of washed wheat in a thermos. Pour 2 cups of boiling water over the wheat. Salt is optional. Allow to stand 2-4 hours. The kernels will be tender at 2 hours and more open and tender at 3-4 hours. Don't allow wheat to stand until temperature of the water cools. Bacterial growth can occur at temperatures below 140 degrees F.

Use in Meals

The tender, fluffy kernels can be used as a substitute for rice, pasta or beans in combination dishes. The addition of whole cooked wheat to salads and sandwich fillings gives texture and flavor. Whole cooked what can extend meat mixtures and casseroles.

The recipes which follow are some examples of use of cooked whole kernel wheat.

GROUND BEEF CASSEROLE

1 lb ground beef
1 large onion, chopped
2 stalks celery, chopped
1 green pepper, chopped
2 cans (4 cups) spaghetti sauce, without meat
cooked wheat or noodles

1 can (8 oz.) tomato sauce
1 can (30 oz.) tomatoes
1 can (4 oz.) mushrooms, with liquid
1 tbsp. sugar
1 tsp. salt
1 cup grated cheese

In a large skillet fry the ground beef, onion, celery and green pepper until lightly browned. Add the spaghetti sauce, tomatoes, tomato sauce, mushrooms, sugar and salt. Simmer for 2 hours over low heat. Pour over 1-1/2 cups cooked whole kernel wheat, or 12 ounces of cooked noodles. Top with grated cheese. Heat thoroughly.

Yield: 10 servings	Calories: 277
Protein, gm: 14.8	Fat, gm: 15.6
Carbohydrate, gm: 21.4	Fiber, gm: 1.9
Iron, mg: 3.2	Vitamin B6, mcg: 412

CHICKEN CASSEROLE

2 cups cooked, whole kernel wheat or 3 cups cooked rice (1 cup uncooked rice)
1 can (4 oz.) pimentos, chopped
1-1/2 tbsp. flour
1-1/2 cups diced, cooked chicken
1/4 to 1/2 cup canned mushrooms
1/2 cup blanched almonds
1-3/4 cups chicken broth

Combine wheat and pimento, or substitute the rice. Place 1/3 of wheat mixture in oiled casserole. Alternate layers of remaining wheat, chicken, mushrooms and almonds. Pour over chicken broth seasoned with salt and pepper and blended with flour. Bake at 350° F. for 1 hour.

Yield: 8 servings	Calories: 158
Protein, gm: 12.2	Fat, gm: 7.1
Carbohydrate, gm: 12.4	Fiber, gm: 1.4
Iron, mg: 1.5	Vitamin B6, mcg: 228

WHOLE WHEAT MEAT LOAF

1-1/2 lbs. ground beef
1 cup whole wheat, cooked
2 eggs, beaten
1 cup milk
1/4 cup onion, chopped
2-1/2 tsp. salt
1/4 tsp. pepper
1/3 tsp. sage
I tsp. Worcestershire sauce

1 tsp. prepared mustard

Combine all ingredients thoroughly and pack firmly into a loaf tin. Optional topping: combine 3 tbsp. brown sugar, 1/4 cup catsup, 1/4 tsp. nutmeg and 1 tsp. dry mustard. Bake at 350º F. for about 1 hour.

Yield: 8 servings	Calories: 277
Protein, gm: 18.2	Fat, gm: 19.3
Carbohydrate, gm: 6.4	Fiber, gm: 0.1
Iron, mg: 2.0	Vitamin B6, mcg: 269

POULTRY PILAF

1/2 cup butter or margarine
1/2 cup chicken or turkey stock, or 1/2 cup water and 3 chicken bouillon cubes
2 cups cooked chicken or turkey, cut into 1-1/2 inch strips
1/2 cup chopped fresh or canned tomatoes, drained
1/4 cup diced onion
1/8 tsp. pepper
1 tsp. salt
1/2 cup chopped walnuts, optional
1/2 tsp. oregano or thyme
2 cups cooked whole wheat

Melt butter in large saucepan or skillet. Add chicken and onion and cook until onions are lightly browned. Add salt, pepper, and oregano or thyme. Add wheat and cook, stirring occasionally for 5 minutes. Slowly add stock. Add tomatoes and walnuts. Bring to a boil and cover and simmer 15 minutes. Do not stir. Serve hot.

Yield: 8 servings	Calories: 262
Protein, gm: 13.1	Fat, gm: 18.8
Carbohydrate, gm: 11.3	Fiber, gm: 0.5
Iron, mg: 1.2	Vitamin B6, mcg: 259

SHRIMP JAMBALAYA

2 tbsp. butter or margarine
1/2 cup onion, chopped
1 green pepper, chopped
2 cups cooked whole kernel wheat, or 3 cups cooked rice
1 cup canned tomatoes
1/2 cup water
1/2 tsp. salt
1/4 tsp. red pepper
1/4 tsp. thyme
1 tbsp. Worcestershire sauce
1 tbsp. flour
1 clove garlic, minced fine

2 cups cooked shrimp, cut in pieces
1 cup tomato juice
3/4 cup grated nippy cheese
2 tbsp. parsley

Melt butter or margarine in saucepan, add onions and green pepper, and cook until tender. Stir in flour and blend thoroughly. Add garlic, tomatoes, water, salt, red pepper, thyme and Worcestershire sauce, stirring occasionally. Place in casserole and top with wheat, shrimp and parsley. Bake at 350º F. for 15 minutes.

Yield: 8 servings	Calories: 168
Protein, gm: 12.4	Fat, gm: 7.3
Carbohydrate, gm: 14.2	Fiber, gm: 0.6
Iron, mg: 2.2	Vitamin B6, mcg: 182

TURKEY AND HAM CASSEROLE

1/4 cup butter or margarine
1/4 cup onion, finely chopped
1-1/2 cups cooked whole kernel wheat, or 2 cups cooked noodles
2 cups chicken broth or 2 chicken bouillon cubes, in 2 c. hot water
1 tsp. salt
1/8 tsp. pepper
1 tsp. Accent
1/2 tsp. poultry seasoning
1/4 cup flour
3 cups cubed turkey or chicken
2 cups cubed cooked ham
1 cup milk
1/2 cup chopped celery
1 cup grated Cheddar cheese
1/2 cup slivered, toasted almonds

Melt butter, add onion and celery. Cook until tender. Blend in flour. Stir in chicken broth and milk. Cook over low heat, stirring constantly, until thickened. Add seasonings whole wheat, turkey or chicken, ham and cheese. Pour into buttered two-quart casserole. Sprinkle almonds over top. Bake for 35 to 40 minutes at 350º F.

Yield: 12 servings	Calories: 261
Protein, gm: 22.0	Fat, gm: 15.2
Carbohydrate, gm: 8.9	Fiber, gm: 1. 1
Iron, mg: 1.7	Vitamin B6, mcg: 323

CHEF'S CHICKEN CASSEROLE

1/4 lb. butter or margarine
1/2 lb. fresh mushrooms, sliced
4 tbsp. all-purpose flour
2 cups chicken broth

1 cup evaporated milk, undiluted
1 tsp. salt
Chopped parsley
1/8 tsp. pepper
1 small clove garlic, very finely chopped
4 cups cubed cooked chicken
1-1/2 cups cooked whole kernel wheat, or 8 oz. medium noodles, cooked and drained

Preheat frypan to 300º F. Add mushrooms and saute, stirring frequently. Remove from pan. Turn dial to 240º F. Stir in flour. Cook, stirring constantly, about 2 minutes. Add broth, milk and seasonings gradually while stirring. Stir until thickened. Fold in chicken and half of mushrooms. Arrange cooked wheat in a border around outside of frypan, pushing it into sauce. Push chicken meat to the center. Lay the remaining mushrooms in a circle around meat. Sprinkle parsley over wheat. Turn dial to "warm." Cover, open vent, until ready to serve directly from frypan.

Yield: 6 servings	Vitamin B6, mcg: 624
Calories: 426	Protein, gm: 34.8
Fat, gm: 23.0	Carbohydrate, gm: 19.4
Fiber, gm: 0.4	Iron, mg: 2.6

BEEF STROGANOFF

4 tbsp. flour
1/2 tsp. salt
1 lb. beef sirloin, cut in 1/4 inch wide strips
1 cup thinly sliced mushrooms
1/2 cup onions, chopped
2 cups cooked whole kernel wheat
1 clove garlic, minced
4 tbsp. butter or margarine
1 tbsp. tomato paste
1-1/4 cups beef stock, or 1 can condensed beef broth
1 cup sour cream

Combine 1 tablespoon flour and the salt, dredge meat in mixture. Heat skillet, then add 2 tablespoons butter. When melted, add the sirloin strips and brown, quickly turning meat to brown on all sides. Add mushroom slices, onion and garlic. Cook 3 to 4 minutes or until onion is barely tender. Remove meat and mushrooms from skillet. Add 2 tablespoons butter to pan drippings; when melted add 3 tablespoons flour. Add tomato paste. Slowly pour in cold meat stock. Cook, stirring constantly, until mixture thickens. Return meat and mushrooms to skillet. Stir in sour cream and heat briefly. Serve with whole kernel wheat.

Yield: 5 servings	Vitamin B6, mcg: 523
Calories: 407	Protein, gm: 25.5
Fat, gm: 23.8	Carbohydrate, gm: 23.7
Fiber, gm: 0.8	Iron, mg: 3.9

BAKED WHEAT PUDDING

2 eggs
2 cups milk
1/2 cup raisins
1 cup cooked whole wheat
1/3 cup brown sugar
1/4 tsp. salt

Beat eggs slightly, add salt and sugar. Add heated milk, raisins and wheat. Bake at 325° F. until set. Nutmeg may be sprinkled on top before baking. Serve with cream or a fruit sauce.

Yield: 6 servings	Vitamin B6, mcg: 111
Calories: 152	Protein, gm: 5.8
Fat, gm: 3.1	Carbohydrate, gm: 27.0
Fiber, gm: 0.6	Iron, mg: 1.1

BLENDER PANCAKES

1 cup uncooked whole wheat
1 egg
2 tbsp. sugar
3 tsp. baking powder
1-1/2 cups milk
1/4 cup vegetable oil
1 tsp. salt

Combine whole wheat and 1 cup milk in blender. Blend at high speed for 3 minutes. Add remaining milk and blend for a minute more. Add remaining ingredients and blend until smooth. Cook on a hot griddle.

Yield: 8 servings	Vitamin B6, mcg: 87
Calories: 164	Protein, gm: 4.3
Fat, gm: 8.4	Carbohydrate, gm: 18.9
Fiber, gm: 3.2	Iron, mg: 0.5

Bulgur Wheat

Bulgur is a pre-cooked, dried cracked wheat. It is toasted in appearance, nutty in flavor, and easily adaptable to favorite dishes. It is an ancient food. In the Middle East its use in the daily diet dates back to Biblical times. In the United States, Armenian immigrants continued to make and consume it. Recently there has been a renewed interest in use of bulgur and it has assumed a position of distinction with gourmet foods.

Bulgur has the advantage of cooking more rapidly than whole or cracked wheat. The nutritive values of bulgur are approximately the same as those of whole-wheat flour.

Home-Made Bulgur

1. Wash wheat in cool water and discard water.

2. Cover the wheat with a generous amount of water (2-3 times the amount of wheat) and steam until water is absorbed and wheat is tender. This usually takes from 35 to 40 minutes.

3. Spread the cooked wheat thinly on cookie sheets or shallow pan and place in a warm oven to dry (200° F). Wheat must be very dry so that it will crack easily.

4. When wheat is thoroughly dry, remove the chaff by rubbing kernels between the hands. A little moisture added either to the hands or to the surface of the wheat will assist in the removal of the chaff.

5. (Optional). Crack wheat in mill or grinder (moderately fine) on coarsest setting. A blender may also be used for this purpose.

Cracked wheat may be used at step 1 instead of whole kernel wheat. Omit steps 4 and 5.

This processed bulgur is easily stored and may be used in many recipes. If the recipe calls for cooked bulgur, boil in water for 5 to 10 minutes or until rehydrated. It will be approximately double in volume.

Most of the recipes in this bulletin were originally developed in the Western Regional Research Laboratory of the U.S. Department of Agriculture in Albany, California. The recipes were developed as an aid to wider use of bulgur. They are based on the traditional dry cracked bulgur. Development of the recipes revealed that bulgur is versatile in cookery and is usable in every course and every meal of the day. The recipes can be followed closely or used as a guide to other ways to use bulgur.

Uncooked, cracked wheat may be used in the place of bulgur in most recipes, however the cooking times will need to be increased.

✿ SOUPS, STEWS AND CHOWDERS ✿

BEEF-VEGETABLE SOUP WITH BULGUR WHEAT

1 lb. beef stewing meat, or 2 lb. meaty soup bone
1/2 cup chopped onions or leeks
1/4 cup snipped parsley
1/4 tsp. pepper
1/8 tsp. powdered cloves
1 cup bulgur
1 cup diced or shredded carrots
1 cup sliced celery
2-3 tsp. salt
1 can (10- 1/2 oz.) condensed cream of mushroom or tomato soup

Simmer beef in 2-1/2 quarts water 2 to 3 hours. Remove meat and bones and skim off fat. Add bulgur, carrots, onions, celery, parsley, salt, pepper, and cloves.

Cover and continue cooking until vegetables are tender, 15 to 20 minutes. Remove meat from bones, dice and return to soup mixture. Stir in can of mushroom or tomato soup and heat to boiling.

Yield: 8 servings	Calories: 202
Protein, gm: 15.1	Fat, gm: 7.4
Carbohydrate, gm: 18.9	Fiber, gm: 4.3
Iron, mg: 2.2	Vitamin B6, mcg: 364

MINESTRONE SOUP

2 tbsp. vegetable oil
1 lb. beef stewing meat
1-1/2 quarts water
1/2 cup shredded cabbage
1/4 cup sliced carrots
1/2 cup bulgur
1/4 tsp. pepper
1/2 cup canned kidney beans
1 package (10 oz.) frozen green beans or peas
3/4 cup chopped onion
1 cup chopped celery
1/2 cup diced tomato
1/4 cup minced parsley
1/4 tsp. minced garlic
1-1/2 tsp. salt
1/4 tsp. oregano
1 cup sliced zucchini
Parmesan cheese

Heat oil in saucepan and add onion. Saute until onions are opaque. Add beef, celery and water. Cover and bring to a simmer; simmer slowly until meat is tender, about 3 hours. Remove meat. Dice and return to stock. Add tomato, cabbage, parsley, carrots and garlic. Cover and cook 15 minutes. Add remaining ingredients, cover and cook 15 to 20 minutes. Sprinkle each serving with grated Parmesan cheese.

Yield: 8 servings	Calories: 195
Protein, gm: 15.5	Fat, gm: 8.4
Carbohydrate, gm: 15.4	Fiber, gm: 4.1
Iron, mg: 2.6	Vitamin B6, mcg: 377

CREOLE CRAB GUMBO WITH BULGUR WHEAT

3 tbsp. butter or margarine
1/4 cup diced green pepper
1-1/2 cups sliced okra
1 can (16 oz.) tomatoes

1-1/2 tsp. salt
few grains cayenne pepper
1/4 cup chopped onion
1/2 cup bulgur
1 quart chicken stock
2 tbsp. chopped parsley
1/2 tsp. pepper
1-2 cups crab meat, fresh cooked or canned

Heat butter and add onion and pepper. Simmer over low heat until onions are opaque. Add bulgur, okra, chicken stock, tomatoes, parsley, salt and pepper. Simmer gently about 15 minutes before adding crab meat. Continue to simmer about 5 minutes.

Yield: 8 servings	Calories: 132
Protein, gm: 7.8	Fat, gm: 5.5
Carbohydrate, gm: 14.3	Fiber, gm: 2.1
Iron, mg: 1.1	Vitamin B6, mcg: 107

CREOLE CHICKEN GUMBO WITH BULGUR WHEAT

Use Creole Crab recipe but substitute 1 to 2 cups diced cooked chicken for crab.

Yield: 8 servings	Calories: 157
Protein, gm: 10.2	Fat, gm: 7.1
Carbohydrate, gm: 14.3	Fiber, gm: 2.1
Iron, mg: 1.2	Vitamin B6, mcg: 230

CREOLE SHRIMP GUMBO WITH BULGUR WHEAT

Use Creole Crab recipe but substitute 1 to 2 cups cooked, peeled, and cleaned shrimp for crab.

Yield: 8 servings	Calories: 136
Protein, gm: 8.1	Fat, gm: 5.6
Carbohydrate, gm: 14.5	Fiber, gm: 2.1
Iron, mg: 1.6	Vitamin B6, mcg: 134

SCOTCH BROTH WITH BULGUR WHEAT

2 pounds lamb shanks
1 cup diced or shredded carrots
1 cup sliced celery
2-3 tsp. salt
1/2 tsp. curry powder (optional)
4 tbsp. flour
1 cup bulgur

1/2 cup chopped onions or leeks
1/4 cup snipped parsley
1/4 tsp. pepper
2 tbsp. butter or margarine

Simmer lamb shanks in 2-1/2 quarts water for 2 to 3 hours. Remove meat and bones and skim off fat. Add bulgur, carrots, onions, celery, parsley, salt, pepper and curry powder. Cover and continue cooking until vegetables are tender, 15 to 20 minutes. Remove meat from bones, dice and return to soup mixture.

Over low heat, blend butter with flour. Slowly stir in about 2 cups of the soup mixture, then stir into remaining soup mixture. Continue cooking until thickened, about 3 minutes.

Yield: 8 servings	Calories: 254
Protein, gm: 26.3	Fat, gm: 8.0
Carbohydrate, gm: 19.3	Fiber, gm: 4.3
Iron, mg: 3.0	Vitamin B6, mcg: 299

BOSTON FISH CHOWDER WITH BULGUR WHEAT

4 tbsp. butter or margarine
1/2 cup chopped celery
1/2 cup diced carrots
1-1/2 lb. fish fillets, diced
1 quart milk
1/8 tsp. pepper
1/2 cup chopped onion
2-1/2 cups water
1/2 cup frozen peas
1/2 cup bulgur
1-1/2 tsp. salt

Heat 3 tbsp. butter in a saucepan and add onion and celery. Simmer over low heat until onions are opaque. Add water, carrots, peas, fish and bulgur. Cover and cook for 15 minutes. Add milk, 1 tbsp. butter, salt and pepper. Heat slowly and thoroughly, but do not boil. Stir several times while heating.

Yield: 8 servings	Calories: 235
Protein, gm: 21.9	Fat, gm: 9.2
Carbohydrate, gm: 15.7	Fiber, gm: 2.6
Iron, mg: 0.8	Vitamin B6, mcg: 302

MEAT STEW WITH BULGUR

1 lb. boneless meat
2 tbsp. fat or oil
5 cups water
1/2 cup cracked wheat bulgur, uncooked

1-1/2 tsp. salt
1/4 tsp. pepper
1/4 cup chopped onion
2 cups diced potatoes
1 cup diced carrots
1 cup diced celery

Cut meat into cubes. Brown in fat or oil. Add water and cover. Cook over low heat 2-1/2 hours or until meat is tender. Add bulgur and seasonings. Cook 20 minutes. Boil vegetables until tender. Add to the meat mixture. Serve hot. If desired, thicken with flour and water mixture.

NOTE: Fish or poultry may be used instead of meat. Fresh fish requires less cooking time than meat or poultry.

Yield: 5 servings	Calories: 278
Protein, gm: 23.2	Fat, gm: 9.3
Carbohydrate, gm: 25.7	Fiber, gm: 4.9
Iron, mg: 3.2	Vitamin B6, mcg: 691

✿ SALADS ✿

BULGUR-CARROT-PINEAPPLE SALAD

1-1/2 cups cooked bulgur
1-1/2 cups shredded carrots
1/2 cup mayonnaise
2 tbsp. pineapple juice
1/2 cup drained crushed pineapple
1/2 tsp. salt

Combine bulgur and pineapple juice. Chill. Add carrots, pineapple, mayonnaise and salt. Mix well. Chill. Serve in lettuce cups.

Yield: 6 servings	Calories: 196
Protein, gm: 2.0	Fat, gm: 14.7
Carbohydrate, gm: 15.7	Fiber, gm: 1.0
Iron, mg: 0.7	Vitamin B6, mcg: 83

BULGUR-CARROT-RAISIN SALAD

Substitute 2 tbsp. French dressing for the pineapple juice and 1/4 cup raisins for the crushed pineapple in above recipe.

Yield: 6 servings	Calories: 231
Protein, gm: 2.2	Fat, gm: 17.9
Carbohydrate, gm: 17.5	Fiber, gm: 1.2
Iron, mg: 0.8	Vitamin B6, mcg: 94

BULGUR COLE SLAW

2 tbsp. vinegar
1-1/2 tbsp. grated onion
2-1/4 tsp. sugar
1/8 tsp. white pepper
1-1/2 cups chilled cooked bulgur
1/2 cup mayonnaise
3/4 tsp. celery seed
3/4 tsp. salt
2 cups finely shredded cabbage

Combine all ingredients. Serve in lettuce cups and garnish with tomato wedges.

Yield: 6 servings	Calories: 183
Protein, gm: 2.0	Fat, gm: 14.8
Carbohydrate, gm: 12.3	Fiber, gm: 0.6
Iron, mg: 0.8	Vitamin B6, mcg: 63

BULGUR DUTCH CUCUMBER SALAD

Combine in salad bowl:
2 cups chilled cooked bulgur
1/4 cup sliced green onions
1-1/2 cups diced cucumbers
2/3 cup thinly sliced radishes

For dressing, blend:

1 cup sour cream
1 tbsp. tarragon vinegar (or lemon juice)
1/8 tsp. white pepper
1 tsp. salt
1 tsp. sugar

Toss with the bulgur mixture and top with a dash of paprika.

Yield: 8 servings	Calories: 108
Protein, gm: 2.6	Fat, gm: 6.2
Carbohydrate, gm: 11.7	Fiber, gm: 0.3
Iron, mg: 0.7	Vitamin B6, mcg: 49

BULGUR SALAD

2 cups cooked bulgur
3 tbsp. chopped sweet pickle
1/8 tsp. pepper
1/4 cup chopped green pepper
1-2 tsp. minced onion
3 tbsp. French dressing

1/2 tsp. salt
1-1/2 cups thinly sliced celery
2 chopped hard-cooked eggs
2/3 cup mayonnaise

Combine bulgur, dressing, sweet pickle, salt and pepper. Chill.

Add celery, pepper, eggs, onion and mayonnaise. Mix well. Serve on bed of lettuce and garnish with tomato wedges. For a code main course salad, add a can of tuna fish or some diced, cooked meat or poultry.

Yield: 8 servings	Calories: 235
Protein, gm: 3.5	Fat, gm: 19.6
Carbohydrate, gm: 12.6	Fiber, gm: 0.5
Iron, mg: 1.0	Vitamin B6, mcg: 68

CHEF'S BULGUR SALAD

2-1/2 cups cooked bulgur
3 tbsp. chopped sweet pickle
1/8 tsp. pepper
1-2 tsp. minced onion
1 oz. ham
1 oz. Swiss or American cheese
1/3 cup French dressing
1/2 tsp. salt
1/3 cup chopped green pepper
1 cup thinly sliced celery
1 oz. turkey or chicken

Combine bulgur, dressing, pickle, salt and pepper. Chill. Add green pepper, celery and onion. Mix well. Serve on bed of salad greens which have been tossed with French dressing. Top with thin strips of cold boiled ham, cold turkey or chicken, and cheese.

Yield: 6 servings	Calories: 134
Protein, gm: 6.9	Fat, gm: 2.9
Carbohydrate, gm: 21.4	Fiber, gm: 1.0
Iron, mg: 1.4	Vitamin B6, mcg: 147

HOT BULGUR SALAD

6 slices bacon
1/3 cup diced green pepper
1 tbsp. minced or grated onion
2-1/2 cups cooked hot bulgur
1 cup thinly sliced celery
1/3 cup chopped sweet pickle

Saute bacon until lightly browned and crisp. Dice and add bulgur, green pepper, celery, onion and sweet pickle. Moisten with French dressing and mix well.

Yield: 6 servings
Protein, gm: 5.3
Carbohydrate, gm: 22.5
Iron, mg: 1.2

Calories: 253
Fat, gm: 16.5
Fiber, gm: 0.5
Vitamin B6, mcg: 110

✿ BEEF ENTREES ✿

BAKED BULGUR AND LIVER LOAF

1 lb. liver
2 tbsp. chopped onion
1-1/2 cups milk
1-1/2 cups cooked bulgur
1/4 tsp. pepper
1/4 tsp. sage
6 tbsp. butter or margarine
5 tbsp. flour
2 eggs, slightly beaten
2-1/2 tsp. salt
1/2 tsp. dry mustard
1 tsp. Worcestershire sauce

Place liver in enough boiling water to cover. Cover pan and let stand 10 minutes. Drain liver and put through food grinder. Heat butter in a saucepan and add onion. Saute until onion is opaque. Blend in flour. Remove from heat and stir in milk. Return to low heat and cook (stirring constantly) until mixture thickens.

Blend in chopped liver, eggs, bulgur, salt, pepper, mustard, sage and Worcestershire sauce. Turn into lightly greased loaf pan. Bake in moderate oven, 325° F., 1 hour. Serve with Egg Sauce (below) or other favorite sauce.

Egg Sauce
2 tbsp. butter or margarine
1/2 tsp. salt
1 cup milk
2 tsp. minced parsley
2 tbsp. flour
1/8 tsp. pepper
1 hard-cooked egg, chopped

Melt butter in medium saucepan. Add flour, salt and pepper. Remove from heat and stir in milk. Return to moderate heat and cook (stirring constantly) until mixture thickens. Stir in egg and parsley.

Yield: 10 servings
Protein, gm: 14.3
Carbohydrate, gm: 15.4
Iron, mg: 4.0

Calories: 240
Fat, gm: 13.5
Fiber, gm: 0.2
Vitamin B6, mcg: 117

BULGUR CHILI

1/2 large onion
2-1/2 cups canned beef, chopped
1 can (16 oz.) tomatoes
1 tbsp. chili powder
3 cups cooked bulgur

Cook chopped onion and beef in frying pan until meat is brown, stirring with fork. Add tomatoes, chili powder and cooked bulgur. Cover and cook over low heat for 20 to 25 minutes.

Yield: 6 servings	Calories: 235
Protein, gm: 21.5	Vitamin B6, mcg: 325
Fat, gm: 6.6	Carbohydrate, gm: 23.6
Fiber, gm: 0.7	Iron, mg: 3.3

BULGUR MEAT LOAF

2-1/2 cups cooked bulgur
1-1/4 cups milk
1/4 tsp. pepper
1/4 cup ketchup
1 egg
2 tsp. salt
1/4 - 1/2 cup chopped onion
2 lbs. ground beef

Mix all ingredients and turn into loaf pan or shape into loaf in shallow baking dish. If desired, spread surface with thin layer of ketchup. Bake in moderate oven, 325° F., about 1 hour or until browned.

Yield: 12 servings	Calories: 262
Protein, gm: 20.7	Vitamin B6, mcg: 213
Fat, gm: 15.2	Carbohydrate, gm: 10.0
Fiber, gm: 0.1	Iron, mg: 2.1

BULGUR SWEDISH MEAT BALLS

2-1/2 cups cooked bulgur
1 cup milk
1/4 tsp. nutmeg
1/4 tsp. Worcestershire sauce
1/3 cup butter or bacon drippings
1 cup sour cream
2 eggs
3 tbsp. minced onion
1-1/2 tsp. salt

2 lbs. ground beef
2 tbsp. flour
1 cup meat stock or canned consomme

Combine bulgur, eggs, milk, onion, nutmeg, salt, Worcestershire sauce and ground beef. Form into balls about 1-1/2 inches in diameter. Roll balls in seasoned flour. Heat butter in a large skillet, add meat balls and saute over moderate heat until lightly browned on all sides. Remove to serving dish. Blend 2 tbsp. flour with drippings in skillet, remove from heat and stir in meat stock and sour cream. Return to heat (stirring constantly) until mixture thickens and comes to a boil. Season to taste with salt, pepper and Worcestershire sauce. Pour over meat balls.

Yield: 16 servings	Calories: 259
Protein, gm: 13.0	Vitamin B6, mcg: 186
Fat, gm: 19.5	Carbohydrate, gm: 7.8
Fiber, gm: 0.1	Iron, mg: 1.5

BULGUR TAMALE PIE

2 tbsp. oil
2 tbsp. chopped green pepper
3/4 cup canned corn
3/4 cup bulgur
1/3 cup water
1 tsp. salt
2 tbsp. chopped onion
3/4 lb. ground beef
1/3 cup chopped ripe olives
1-1/2 cups canned tomatoes
2 tsp. lemon juice
2 tsp. chili powder

Heat oil in skillet and add onion, pepper and ground beef. Saute until onions are opaque. Blend in corn, olives, bulgur, tomatoes, water, lemon juice, salt and chili powder. Cover tightly. Bake in moderate oven, 350° F., 1 hour, stirring every 15 minutes.

Yield: 8 servings	Calories: 224
Protein, gm: 10.3	Vitamin B6, mcg: 160
Fat, gm: 13.4	Carbohydrate, gm: 16.0
Fiber, gm: 3.3	Iron, mg: 1.7

DRIED BEEF ALMANDINE WITH BULGUR

1 jar (5 oz.) dried beef
2 tbsp. flour
1/8 tsp. pepper
2 egg yolks
1/4 cup butter or margarine

1/2 cup chopped toasted almonds
2 tbsp. butter or margarine
1/2 tsp. salt
2 cups milk
2 cups hot cooked bulgur
1 tbsp. anchovy paste (optional)

Cover beef with boiling water and soak 5 minutes. Drain. Heat 2 tbsp. butter, flour, salt and pepper. Remove from heat and stir in milk. Return to moderate heat. Cook (stirring constantly) until mixture thickens. Stir about 1/3 of the hot sauce into the egg yolks. Stir yolk mixture back into remaining sauce. Add drained beef and cook (stirring constantly) over low heat, for 2 minutes.

Blend bulgur, 1/4 cup butter and anchovy paste. Spread on heated serving dish and top with creamed beef mixture. Sprinkle with almonds.

Yield: 6 servings	Calories: 341
Protein, gm: 15.8	Vitamin B6, mcg: 115
Fat, gm: 23.0	Carbohydrate, gm: 19.7
Fiber, gm: 1.4	Iron, mg: 2.6

MEXICAN BULGUR CHILI

2 tbsp. vegetable oil
3/4 cup chopped onion
1-1/2 tbsp. chili powder
1 tsp. salt
1/2 tsp. oregano few grains
cayenne red pepper
1 cup tomato puree
1 lb. lean ground beef
3 cloves garlic, minced
1-1/2 tbsp. flour
1/4 tsp. black pepper
1/4 tsp. cumin seed
5 cups beef stock or bouillon
1 cup bulgur

Heat oil in heavy skillet. Add beef, onion and garlic and saute over moderate heat until onions are lightly browned. Stir in remaining ingredients, cover and simmer (stirring occasionally) over low heat for about 1 hour.

Yield: 6 servings	Calories: 385
Protein, gm: 21.7	Vitamin B6, mcg: 366
Fat, gm: 21.5	Carbohydrate, gm: 28.8
Fiber, gm: 6.	Iron, mg: 3.3

ROKA BULGURBURGERS

1 egg, slightly beaten
1-1/2 tsp. Worcestershire sauce

1/4 tsp. pepper
1 lb. ground beef
3 tbsp. chopped onion
3 tbsp. flour
3/8 cup milk
1 tsp. salt
2-1/2 cups cooked bulgur
1 can (2 oz.) mushrooms, drained
3 oz. blue cheese
1/2 cup half and half

Mix together egg, milk, Worcestershire sauce, 1/2 tsp. salt, 1/8 tsp. pepper, bulgur and ground beef. Shape into 8 patties. Brown on both sides in a heavy skillet to desired stage of doneness. Remove from skillet and keep warm. Add mushrooms, onions, cheese, flour, 1/2 tsp. salt and I/ 8 tsp. pepper to hamburger drippings and cook until onions are lightly browned. Remove from heat and stir in drained mushroom liquid plus enough liquid to equal 1 cup. Add half and half and return skillet to heat. Stir constantly until mixture thickens and comes to a boil. Serve each bulgur burger on half a toasted hamburger bun and top with sauce. Garnish each with mushroom slice and sprig of parsley.

Yield: 8 servings	Calories: 304
Protein, gm: 17.7	Vitamin B6, mcg: 191
Fat, gm: 19.4	Carbohydrate, gm: 14.8
Fiber, gm: 0.2	Iron, mg: 2.1

VEAL WITH BULGUR DUMPLINGS

2 lbs. veal cutlets (1/4-inch thick)
1/4 cup vegetable oil
3 tbsp. flour
1 can (4 oz.) sliced mushrooms
1/2 tsp. salt
grated Parmesan cheese
1 clove garlic
1-3/4 cups beef bouillon
2 tbsp. chopped onions
1/4 tsp. pepper

Sprinkle veal with cheese, rubbing well into cutlets. Turn cutlets and repeat on other side. Cut veal into 1 x 2-inch strips. Heat oil in heavy skillet and add garlic and veal strips. Brown veal on both sides and remove from skillet. Discard garlic. Blend flour with remaining oil. Remove from heat and slowly stir in bouillon, mushrooms, onions, salt and pepper. Cook over low heat, stirring constantly, until mixture thickens. Add veal, cover and simmer gently about 20 minutes. Add Bulgur Dumplings, cover and cook 25 to 30 minutes.

Bulgur Dumplings

1-1/3 cups water
1-1/2 cups sifted flour
3/4 tsp. salt
1/2 cup milk
1/3 cup bulgur
3 tsp. baking powder
3 tbsp. shortening

Combine water and bulgur, cover and simmer about 20 minutes or until most of water is absorbed. Do not boil. Sift together flour, baking powder and salt. Cut shortening into flour mixture with pastry blender until shortening is finely distributed. Stir in milk and bulgur. Drop by tablespoonsful into gently boiling stew. Cover tightly and boll gently for about 15 minutes. Do not lift cover while cooking.

Yield: 8 servings	Calories: 384
Protein, gm: 29.7	Vitamin B6, mcg: 542
Fat, gm: 16.9	Carbohydrate, gm: 26.9
Fiber, gm: 1.9	Iron, mg: 2.6

✿ POULTRY ENTREES ✿

BULGUR PATTIES

1 tbsp. butter or margarine
3 tbsp. chopped onion
1 cup bulgur
1-1/2 tsp. salt
1/8 tsp. white pepper
1 can condensed cream of chicken (or cream of mushroom) soup
1 egg
1-1/2 cups finely diced chicken (or left-over diced meat, poultry or fish)

Heat butter in skillet. Add onions and saute until opaque. Add 1/2 teaspoon salt, 2 cups water and bulgur. Cover and cook over low heat until all water is absorbed, 20 to 25 minutes; stir several times during cooking. Remove from heat.

Blend in 2/3 cup soup, 1 teaspoon salt, pepper, egg and chicken. Form into 12 to 16 patties. Dip each patty in beaten egg and coat with crisp cracker crumbs. Saute in butter or margarine until golden brown on each side. Thin remainder of can of soup to sauce consistency with milk or chicken stock and serve over patties.

Yield: 8 servings	Calories: 205
Protein, gm: 12.4	Vitamin B6, mcg: 259
Fat, gm: 8.4	Carbohydrate, gm: 20.1
Fiber, gm: 3.3	Iron, mg: 1.3

BULGUR TURKEY HASH

1-1/2 tbsp. chicken fat
2 tbsp. all-purpose flour
1/2 tsp. seasoned salt
1/2 cup heavy cream
2-1/2 cups cooked bulgur
1/2 cup chopped toasted almonds
Buttered cracker crumbs
2 tbsp. chopped onion
1 tsp. salt
1/8 tsp. white pepper
1-1/2 cups chicken stock
3 cups finely chopped turkey
Parmesan cheese

Heat chicken fat in saucepan and add onion. Simmer 3 to 4 minutes. Blend in flour, salt, seasoned salt and pepper. Remove from heat and add cream and chicken stock. Return to moderate heat (stirring constantly) until mixture thickens and comes to a boil. Remove from heat and stir in bulgur, turkey and almonds. Turn into shallow baking dish. Top with cheese and buttered crisp cracker crumbs. Bake in moderate oven, 350° F., 30 minutes.

Yield: 6 servings	Calories: 411
Protein, gm: 28.4	Vitamin B6, mcg: 414
Fat, gm: 22.4	Carbohydrate, gm: 24.8
Fiber, gm: 1.5	Iron, mg: 2.9

CANTONESE CHICKEN

3 tbsp. vegetable oil
1/2 cup sliced water chestnuts
1-1/2 cups mushrooms
1-1/2 cups chicken stock
1/8 tsp. white pepper
2 tbsp. cornstarch
2 cups sliced cooked chicken
1 pkg. (8 oz.) frozen Chinese pea pods, cut in 1/2-inch pieces 1/3 cup slivered almonds
1/2 tsp. salt
1/2 tsp. monosodium glutamate
1/4 cup water

Heat oil in a heavy skillet. Add pea pods, water chestnuts, mushrooms and almonds. Saute over moderate heat 2 minutes. Add chicken stock, salt, pepper and monosodium glutamate. Cover and simmer 6 minutes. Make a paste of cornstarch and water. Stir into pea pod mixture. Add chicken and return to heat, stirring frequently until mixture thickens and reaches a boil, 2 to 3 minutes. Serving suggestion: Serve over Taiwan Pilaf.

Yield: 6 servings
Protein, gm: 16.8
Fat, gm: 14.5
Fiber, gm: 2.1
Calories: 239
Vitamin B6, mcg: 305
Carbohydrate, gm: 10.5
Iron, mg: 1.9

CHICKEN CACCIATORE

1 frying chicken, cut up (2-3 lb.)
3/8 tsp. pepper
1/4 cup oil
1 cup sliced mushrooms (4 oz.)
2-1/2 cups tomatoes
1/4 tsp. sweet basil
1 tsp. salt
1/2 cup flour
1/2 cup green pepper, cut in thin strips
2 cloves garlic, minced
1 can (6 oz.) tomato paste

Place 1/2 tsp. salt, 1/4 tsp. pepper and flour in paper bag. Shake chicken pieces into mixture. Heat oil in heavy skillet. Add chicken pieces and saute over moderate heat until golden brown on all sides. Remove from skillet. To oil in skillet, add green pepper, mushrooms and garlic. Saute over moderate heat until lightly brown. Return chicken pieces to skillet. Add tomatoes and paste, 1/2 tsp. salt, 1/8 tsp. pepper and basil. Cover and simmer over low heat until chicken is tender, about 1-1/2 hours. Serving suggestion: Serve with Parmesan Pilaf.

Yield: 6 servings
Protein, gm: 29.7
Fat, gm: 13.5
Fiber, gm: 1.9
Calories: 325
Vitamin B6, mcg: 672
Carbohydrate, gm: 21.8
Iron, mg: 3.3

INDIA CHICKEN CURRY PILAF

1/4 cup butter or chicken fat
1 cup thinly sliced celery
1-1/2 to 2 tsp. curry powder
1/8 tsp. ginger
1-1/2 tsp. salt
1/2 cup milk
1 cup bulgur
1/2 cup chopped onion
I medium-sized tart apple, peeled, cored and chopped
2 tbsp. flour
1/4 tsp. pepper
4-1/2 cups chicken stock
2-3 cups cooked diced chicken

Heat butter in heavy skillet. Add onion, apple and celery and saute over moderate heat until onions are opaque. Stir in curry powder, ginger, flour, salt and pepper. Remove from heat and add chicken stock and milk. Return to heat and stir constantly until mixture thickens and comes to a boil. Add chicken and bulgur, cover and simmer over low heat 25 minutes.

Yield: 6 servings	Calories: 319
Protein, gm: 21.6	Vitamin B6, mcg: 403
Fat, gm: 13.9	Carbohydrate, gm: 27.9
Fiber, gm: 5.9	Iron, mg: 1.8

TURKEY A LA KING

3 tbsp. chicken fat or butter
1-1/4 tsp. salt
1-1/4 cup milk
2-1/2 cups diced turkey
1/4 cup pimento, cut in thin strips
3 tbsp. flour
1/8 tsp. pepper
1 cup chicken stock
1/4 cup chopped green pepper

Heat fat and blend in flour, salt and pepper. Remove from heat and stir in milk and chicken stock. Return to moderate heat and cook (stirring constantly) until mixture thickens. Add turkey, pepper and pimento. Reheat. Serving suggestion: Serve over split Bulgur Baking Powder Biscuits.

Yield: 6 servings	Calories: 205
Protein, gm: 19.4	Vitamin B6, mcg: 302
Fat, gm: 10.6	Carbohydrate, gm: 6.8
Fiber, gm: 0.3	Iron, mg: 1.5

TURKEY AND BULGUR SCALLOP

1 tbsp. chicken fat or butter
2 tbsp. flour
1/8 tsp. pepper
3/4 cup milk
2-1/2 cups diced turkey (or chicken)
1 tbsp. melted butter or margarine
2 tbsp. chopped onion
3/4 tsp. salt
3/4 cup chicken stock
2 cups cooked bulgur
1/3 cup crisp cracker crumbs

Heat 1 tbsp. butter and add onion. Saute until onion is opaque. Stir in flour, salt and pepper. Remove from heat and stir in chicken stock and milk. Return to heat. Cook

(stirring constantly) until mixture thickens. Stir in bulgur and turkey. Pour into baking dish and top with mixture of crackers and melted butter. Sprinkle with paprika. Bake in moderate oven, 350° F., 30 minutes.

Yield: 6 servings	Calories: 234
Protein, gm: 20.8	Vitamin B6, mcg: 339
Fat, gm: 8.4	Carbohydrate, gm: 18.5
Fiber, gm: 0.3	Iron, mg: 2.0

TURKEY SUPREME

5 tbsp. butter or chicken fat
1 cup sliced fresh mushrooms or 1 can (4 oz.) drained mushrooms
1 cup half and half
1/4 tsp. salt
2-1/2 cups diced turkey
1/3 cup chopped onions
6 tbsp. flour
1-1/2 cups chicken or turkey stock
1 tsp. seasoned salt
1/4 tsp. white pepper

Heat butter and add onion and mushrooms. Simmer over moderate heat until onion is opaque. Blend in flour. Remove from heat and stir in chicken stock, half and half, and seasonings. Return to heat and stir constantly until mixture thickens and comes to a boil. Simmer gently 2 minutes. Add turkey and reheat. Serving suggestion: Serve with Pilaf Almandine.

Yield: 8 servings	Calories: 208
Protein, gm: 14.8	Vitamin B6, mcg: 235
Fat, gm: 13.2	Carbohydrate, gm: 7.2
Fiber, gm: 0.4	Iron, mg: 1.2

VIENNESE CHICKEN-BULGUR DINNER

Shortening or oil to a depth of 1/2-inch
3/8 tsp. pepper
1/4 cup chopped onion
1 tbsp. paprika
1 frying chicken
1 tsp. salt
1/2 cup flour
1 cup sour cream

Cut chicken into serving pieces. Shake chicken in paper bag with 1/2 teaspoon salt, 1/4 teaspoon pepper and flour. Heat shortening or oil in heavy skillet. Fry chicken over moderate heat until tender and golden brown on all sides. If crisp crust is desired, cover pan during first half of cooking, then uncover. If soft crust is desired, cover pan during most of cooking. When chicken is done remove to hot platter. Pour off all but 2

tablespoons of the fat and add onion. Saute until onion is opaque. Stir in sour cream, paprika, 1/2 teaspoon salt and 1/8 teaspoon pepper. Bring to boil. Pour sauce over chicken. Serving Suggestion: Serve with Pilaf Almandine.

Yield: 6 servings	Calories: 440
Protein, gm: 38.8	Vitamin B6, mcg: 752
Fat, gm: 26.5	Carbohydrate, gm: 10.2
Fiber, gm: 0.6	Iron, mg: 2.1

✿ FISH ENTREES ✿

BULGUR SALMON LOAF

2-1/2 cups cooked bulgur
2 eggs
2 tbsp. lemon juice
1/4 cup chopped onion
1/4 tsp. pepper
1 can (16 oz.) salmon, drained
1/2 cup liquid (salmon liquid plus milk)
2 tbsp. pickle relish
1/4 tsp. salt

Combine all ingredients and turn into loaf pan. Bake in moderate oven, 350° F., 45 minutes to 1 hour.

Yield: 8 servings	Calories: 153
Protein, gm: 14.7	Vitamin B6, mcg: 76
Fat, gm: 4.8	Carbohydrate, gm: 13.1
Fiber, gm: 0. 1	Iron, mg: 1.3

CODFISH BULGUR PATTIES

1 can (14 oz.) flaked codfish
2 eggs, slightly beaten
1/4 tsp. pepper
3 cups cooked bulgur
3/4 tsp. salt
1/3 cup crisp cracker crumbs

Add bulgur, eggs, salt and pepper to fish flakes. Form into patties about 2 inches in diameter. Coat with cracker crumbs. Fry in deep fat at 375° F. until golden brown, or saute in 1/3 cup oil over moderate heat to a golden brown on both sides.

Yield: 12 servings	Calories: 146
Protein, gm: 10.0	Vitamin B6, mcg: 141
Fat, gm: 7.4	Carbohydrate, gm: 10.2
Fiber, gm: 0. 1	Iron, mg: 0.8

FISH AND BULGUR AU GRATIN

2-1/2 cups cooked bulgur
4 tbsp. butter or margarine
4 tbsp. flour
1/4 tsp. pepper
2 cups milk
4-6 oz. grated Cheddar cheese
1-1/2 pounds fish fillets
2 tbsp. chopped onion
1 tsp. salt
1 tsp. mustard
1 tsp. Worcestershire sauce

Place bulgur in shallow baking dish and top with fish. Set aside. Melt butter in heavy skillet and add onions, flour, salt, pepper and mustard. Remove from heat and add milk and Worcestershire sauce. Return to heat and stir constantly until mixture thickens and comes to a boll. Pour sauce over fish and bulgur. Sprinkle with Cheddar. Bake uncovered in moderate oven, 350° F., 30 to 35 minutes.

Yield: 8 servings	Calories: 301
Protein, gm: 28.4	Vitamin B6, mcg: 295
Fat, gm: 13.1	Carbohydrate, gm: 17.1
Fiber, gm: 0.2	Iron, mg: 1.2

FISH AND BULGUR CREOLE

2-1/2 cups cooked bulgur
3 tbsp. butter or margarine
1/2 cup chopped onion
3-1/2 cups tomatoes
1 tsp. sugar
1/8 tsp. ground cloves
1/4 tsp. pepper
1-1/2 lbs. fish fillets
1/2 cup chopped green pepper
1 clove garlic, minced
1 tsp. chili powder
snip bay leaf
1 tsp. salt

Place bulgur in shallow baking dish and top with fish. Set aside. Melt butter in heavy skillet and add pepper and onion. Saute until onion is opaque. Add garlic, tomatoes, chili powder, sugar, bay leaf, cloves, salt and pepper. Simmer about 30 minutes. Pour sauce over fish and bulgur. Bake uncovered in moderate oven, 350° F., 25 to 30 minutes.

Yield: 8 servings	Calories: 210
Protein, gm: 23.3	Vitamin B6, mcg: 322
Fat, gm: 6.0	Carbohydrate, gm: 16.2
Fiber, gm: 1.5	Iron, mg: 1.4

FISH AND BULGUR FLORENTINE

2 cups cooked bulgur
1/2 cup minced onion
1 clove garlic, minced
1 tsp. seasoned salt
8-1 0 small fish fillets
1 pkg. frozen chopped spinach, thawed (10 oz.)
3 tbsp. lemon juice
1 tsp. Worcestershire sauce

Combine bulgur, spinach, onion, garlic, lemon juice, salt and Worcestershire sauce. Spread filling on fish and roll fillets jelly-roll fashion and secure with toothpicks. Place in shallow baking dish and dot with butter or margarine. Bake uncovered in moderate oven, 350º, F., 30 to 35 minutes. Suggestion: Serve with Mock Tartar Sauce.

Yield: 10 servings
Protein, gm: 12.5
Fat, gm: 0.6
Fiber, gm: 1.0
Calories: 91
Vitamin B6, mcg: 215
Carbohydrate, gm: 9.3
Iron, mg: 1.2

NORWEGIAN FISH AND BULGUR PUDDING

2 cups cooked bulgur
1-1/2 lbs. fish fillets, finely ground
2 cups half and half
1 can (10-1/2 oz.) condensed cream of chicken or mushroom soup
1 egg, slightly beaten
1-1/2 tsp. salt
1/8 tsp. nutmeg

Mix all ingredients and pour into a baking dish. Place in pan of hot water and bake uncovered in moderate oven, 350º F., 30 to 35 minutes, or until set.

Yield: 8 servings
Protein, gm: 24.2
Fat, gm: 10.6
Fiber, gm: 0.1
Calories: 249
Vitamin B6, mcg: 362
Carbohydrate, gm: 13.9
Iron, mg: 1.2

SHRIMP AND BULGUR ST. JACQUES

2 cups cooked bulgur
1 tbsp. lemon juice

2 tbsp. chopped parsley
3 tbsp. butter or margarine
3 tbsp. flour
1 cup milk
Grated Parmesan cheese
1 lb. cooked shrimp (peeled and cleaned)
2 tbsp. chopped onion
1 cup sliced mushrooms
1 tsp. salt
1 cup half and half

Place bulgur in shallow baking dish and top with shrimp. Sprinkle with lemon juice and parsley. Set aside. In a heavy skillet, heat butter and add onions and mushrooms. Saute until onion is opaque. Stir in flour and salt. Remove from heat and add milk and half and half. Return to heat and stir constantly until mixture thickens and comes to a boil. Pour sauce over shrimp and bulgur. Sprinkle with cheese. Bake uncovered in moderate oven, 350º F., 25 to 30 minutes.

Yield: 6 servings	Calories: 295
Protein, gm: 23.6	Vitamin B6, mcg: 193
Fat, gm: 13.5	Carbohydrate, gm: 20.0
Fiber, gm: 0.4	Iron, mg: 3.1

TUNA AND BULGUR SCALLOP

2 tbsp. butter or margarine
2 cups cooked bulgur
1 can (6 oz.) tuna fish
1/8 tsp. pepper
1/3 cup crisp cracker crumbs
2 tbsp. chopped onion
1 cup condensed cream of mushroom soup
2 eggs, slightly beaten
1/2 tsp. salt

Heat 1 tablespoon butter and add onion. Saute until onion is opaque. Combine onion with bulgur, soup, tuna, salt, pepper and eggs and pour into shallow baking dish. Top with mixture of cracker crumbs and 1 tablespoon melted butter. Sprinkle with paprika. Bake in moderate oven, 350º F., 30 minutes.

Yield: 6 servings	Calories: 205
Protein, gm: 12.8	Vitamin B6, mcg: 203
Fat, gm: 9.1	Carbohydrate, gm: 18.0
Fiber, gm: 0.3	Iron, mg: 1.7

✿ PORK ENTREES ✿

HAM FRIED WHEAT

1 cup bulgur
1/2 tsp. salt
1 egg, beaten
1/4 cup celery, diced
Bacon or ham
2-1/2 cups water
3 tbsp. vegetable oil
1 onion, minced
2 tbsp. soy sauce or to taste

Bring wheat, water and salt to a boil; cook for 20 to 30 minutes. Put in strainer and drain off thick liquid. Wash wheat with cold water to make it fluffy; press to remove all moisture; set aside. Heat 1 tbsp. oil in heavy skillet; slowly add egg and scramble; set aside. Add to skillet 2 tbsp. oil, onion and celery and cook until tender. Add the rest of the ingredients; heat through and serve with extra soy sauce, if desired.

Yield: 6 servings	Calories: 187
Protein, gm: 7.6	Vitamin B6, mcg: 189
Fat, gm: 9.2	Carbohydrate, gm: 20.1
Fiber, gm: 4.7	Iron, mg: 1.0

HAWAIIAN BULGUR PATTIES

2 tbsp. butter or margarine
1/2 tsp. salt
1-1/2 cups water
3 cups chopped ham
1/2 tsp. dry mustard
10 slices bacon
1/3 cup chopped onion
3/4 cup pineapple juice
1 cup bulgur
1/2 cup condensed cream of chicken soup
10 pineapple slices (20-oz. can)

Heat butter in heavy skillet. Add chopped onions and cook until opaque. Add salt, pineapple juice, water and bulgur. Cover and simmer over moderate heat until all liquid is absorbed, 20 to 25 minutes. Blend in ham, mustard and soup. Shape mixture into 10 patties, about 1/2 cup per patty. Arrange pineapple slices in a shallow baking dish. Place ham patties on top of each pineapple slice. Wrap a strip of bacon around the side and fasten with a toothpick. Bake in moderate oven, 375° F., about 30 minutes or until bacon is lightly browned.

Yield: 10 servings
Protein, gm: 16.6
Fat, gm: 11.6
Fiber, gm: 3.1
Calories: 262
Vitamin B6, mcg: 301
Carbohydrate, gm: 23.5
Iron, mg: 1.2

NEW ORLEANS BULGUR JAMBALAYA

1-1/2 cups diced ham
1/2 cup chopped onion
3/4 cup thinly sliced celery
2 tbsp. chopped parsley
1/4 tsp. thyme
1/4 tsp. chili powder
1/4 tsp. pepper
1 cup bulgur
1/2 lb. pork sausages cut in 1/2" lengths
1/2 cup chopped green pepper
3-1/2 cups meat or chicken stock or diluted canned consomme
1/8 tsp. powdered cloves
3/4 tsp. salt
dash cayenne

Saute ham, sausage, onion, pepper and celery in heavy skillet until lightly browned. Add remaining ingredients, cover and bring to a boil. Reduce heat and simmer (stirring occasionally) until mixture thickens, about 45 minutes.

Yield: 6 servings
Protein, gm: 18.0
Fat, gm: 20.3
Fiber, gm: 5.1
Calories: 340
Vitamin B6, mcg: 300
Carbohydrate, gm: 21.8
Iron, mg: 1.9

PORK CHOP SUEY

2 tbsp. vegetable oil
1/4 cup sliced mushrooms
1/2 cup thinly sliced celery
2 tbsp. diced water chestnuts
1/4 tsp. salt
2 tbsp. water
2 cups diced cooked pork
1/2 cup chopped onion
1/2 cup bean sprouts
2 cups chicken stock
2 tbsp. cornstarch
1-1/2 tbsp. soy sauce

Combine oil, pork, mushrooms, onion, celery, bean sprouts and water chestnuts in heavy skillet. Saute until onions are opaque, stirring several times. Cover and

simmer over low heat 10 minutes. Add chicken stock and salt. Cover and simmer 25 minutes. In small bowl, blend cornstarch and water. Stir into pork mixture and cook (stirring constantly) until mixture thickens. Before serving, stir in soy sauce. Serving suggestion: Serve over Taiwan Pilaf.

Yield: 6 servings	Calories: 171
Protein, gm: 14.0	Vitamin B6, mcg: 240
Fat, gm: 1 0. 1	Carbohydrate, gm: 5.1
Fiber, gm: 0.3	Iron, mg: 0.7

UIEN MET AARDAPPELEN, BULGUR EN VERSE WORST—(DUTCH STEW)

1/4-1/2 lb. sausage, cut in 1/2-inch lengths
1/2 lb. (1-3/4 cups) potatoes, peeled and diced
1 cup bulgur
2-1/2 cups chopped onions
4 cups water
1-1/4 tsp. salt
1/4 tsp. pepper
1-2 tbsp. vinegar

Saute sausage and onions in heavy skillet over moderate heat. Cook until onions are opaque. Drain off all the fat. Add water, potatoes, salt, pepper and bulgur. Cover and simmer over low heat until potatoes are tender, about 1/2 hour. Stir occasionally. Before serving, stir in vinegar.

Yield: 4 servings	Calories: 341
Protein, gm: 12.9	Vitamin B6, mcg: 504
Fat, gm: 12.2	Carbohydrate, gm: 47.5
Fiber, gm: 9.2	Iron, mg: 2.5

✿ LAMB ENTREES ✿

INDIA LAMB PILAF

3 tbsp. oil
1/3 cup chopped onion
1 clove garlic, minced
1-1/2 tsp. curry powder
1 tsp. salt
5-6 drops Tabasco sauce
1 cup bulgur
3 cups cooked lamb, cubed
1/2 cup chopped tart apple
1/2 tsp. celery seed

1/8 tsp. ginger
1/4 tsp. pepper
1 can (10 oz.) tomato puree
3-1/2 cups canned consomme or water

Heat oil in heavy skillet. Add lamb, onion, apple and garlic. Saute over moderate heat until meat and onions are lightly browned. Stir in remaining ingredients, cover and bring to a boil. Reduce heat and simmer until thickened, about 40 minutes.

Yield: 6 servings	Calories: 316
Protein, gm: 27.1	Vitamin B6, mcg: 214
Fat, gm: 13.5	Carbohydrate, gm: 22.5
Fiber, gm: 5.4	Iron, mg: 3.0

✿ MISCELLANEOUS ✿

BAKED BULGUR WITH CHEESE

2-1/2 cups cooked bulgur
2/3 cup milk
1/2 tsp. dry mustard
4 oz. sharp Cheddar cheese, grated
1 can (10-1/2 oz.) condensed cream of chicken soup
1/2 tsp. salt

In a shallow baking dish, combine bulgur, soup, milk, mustard and salt. Stir two-thirds of the cheese into the bulgur mixture. Sprinkle remaining third over surface. Sprinkle with paprika. Bake in a moderate oven, 375° F., 30 to 40 minutes or until lightly browned.

Yield: 5 servings	Calories: 239
Protein, gm: 11.1	Vitamin B6, mcg: 184
Fat, gm: 11.9	Carbohydrate, gm 23.1
Fiber, gm: 0.1	Iron, mg: 1.3

BROCCOLI WHEAT BAKE

2 lbs. fresh broccoli, chopped
1 tbsp. margarine, melted
1/4 cup sour cream
1/2 cup milk
2 cups cooked bulgur
1/2 cup onion, chopped
I can cream of chicken soup
1 cup carrot, grated
1 cup Cheddar cheese, grated

Cook broccoli until crisp tender; drain. Saute onion in butter; add soup and heat to boiling. Reduce heat and stir in remaining ingredients. Pour into 2 quart casserole; bake at 350º F. for 30 minutes.

Yield: 10 servings	Calories: 165
Protein, gm: 8.1	Vitamin B6, mcg: 258
Fat, gm: 8.5	Carbohydrate, gm: 16.3
Fiber, gm: 3.1	Iron, mg: 1.5

BULGUR SWEDISH CABBAGE ROLLS

12 large cabbage leaves
1/2 cup chopped onion
2-1/2 cups cooked bulgur
1 tsp. seasoned salt
1/4 tsp. mace
3/4 cup meat or chicken stock
3 tbsp. margarine or drippings
1/2 lb. ground beef, veal, or pork
1/2 tsp. salt
1/4 tsp. pepper
1 tsp. Worcestershire sauce
1 cup beef stock or tomato puree, or mixture of both

Wilt cabbage leaves in hot water 5 to 10 minutes. Melt margarine in heavy skillet and add onion and ground beef. Saute over moderate heat until lightly browned. Add bulgur, salt, seasoned salt, pepper, mace, Worcestershire sauce and 3/4 cup meat stock. Cover and cook over medium heat until liquid is absorbed.

Mark mixture into 12 parts. Spoon one part on each cabbage leaf. Roll up leaves, starting with thick end, and secure with toothpicks. Place rolls, sealed side down, in shallow baking dish. Pour cup of beef stock over rolls. Sprinkle each roll with seasoned salt and dot with butter or margarine. Cover and bake in moderate oven, 375º F.,45 minutes. Remove lid and continue baking until cabbage is very tender, about 45 minutes. Baste several times during baking.

Yield: 6 servings	Calories: 250
Protein, gm: 10.6	Vitamin B6, mcg: 285
Fat, gm: 14.0	Carbohydrate, gm: 22.3
Fiber, gm: 2.3	Iron, mg: 2.1

BEDEVILED EGGS WITH BULGUR

2 cups cooked bulgur
1/4 tsp. salt
6 hard-cooked eggs
1/3 cup mayonnaise

Place bulgur in a shallow baking dish. Cut eggs in halves lengthwise, remove and mash yolks. Blend in salt and mayonnaise. Fill whites with yolk mixture and

arrange eggs on top of bulgur. Pour sauce over eggs.

Sauce
2 tbsp. butter or margarine
3 tbsp. flour
3/4 tsp. seasoned salt
3/4 tsp. powdered dry mustard
2 cups milk
1/2 cup mayonnaise
2 tbsp. chopped onion
1/2 tsp. salt
1/8 tsp. pepper
1 tsp. Worcestershire sauce
1 cup (4 oz.) grated Cheddar cheese

Melt butter in saucepan. Add onions and saute until opaque. Blend in flour, salt, seasoned salt, pepper, mustard and Worcestershire sauce. Remove from heat and slowly add milk. Return saucepan to heat. Cook (stirring constantly) until mixture thickens. Stir in cheese and mayonnaise. Pour sauce over eggs. Top with 1/2 cup crisp cracker crumbs combined with 2 tbsp. melted butter or margarine. Sprinkle with paprika. Bake in moderate oven, 350° F., about 30 minutes.

Yield: 6 servings	Calories: 505
Protein, gm: 15.3	Vitamin B6, mcg: 156
Fat, gm: 40.8	Carbohydrate, gm: 20.3
Fiber, gm: 0.2	Iron, mg: 2.0

BULGUR WITH MEAT SAUCE

1/4 cup vegetable oil
1/2 lb. ground beef
1/4 lb. sliced mushrooms
2 cloves garlic, finely minced
1 cup consomme or water
1-1/2 tsp. salt
1/4 tsp. basil
2 cups cooked bulgur
1/2 lb. sausages cut in 1/2 inch lengths
3/4 cup chopped onion
1 cup thinly sliced celery
2 cups tomato puree
1/4 tsp. pepper
pinch of ground cloves
snip of bay leaf

Combine oil, sausages, ground beef, onion, mushrooms and celery in a heavy skillet. Saute over medium heat until meat and vegetables are lightly browned, stirring occasionally. Add garlic, tomato puree, consomme, pepper, salt, cloves, basil and bay leaf. Cover and bring to a boil. Reduce heat and simmer (stirring occasionally) until

mixture is thickened, 40 to 45 minutes. Top cooked bulgur with meat sauce and serve.

Yield: 8 servings	Calories: 299
Protein, gm: 12.1	Vitamin B6, mcg: 277
Fat, gm: 20.6	Carbohydrate, gm: 18.1
Fiber, gm: 2.2	Iron, mg: 2.4

BULGUR STUFFED PEPPERS

2-1/2 cups cooked bulgur
1-3/4 cup meat or chicken stock or canned bouillon
1/4 tsp. Worcestershire sauce
3 green or red peppers
1/2 lb. ground meat or sausage
1/2 tsp. salt
1 tsp. seasoned salt
1/4 tsp. pepper
3/4 cup tomato puree

Combine bulgur, meat, 1 cup stock, salt, seasoned salt, Worcestershire sauce and pepper. Cut peppers in halves lengthwise, removing all seeds and white portions. Place peppers in a shallow baking dish and fill halves with bulgur mixture. Mix tomato puree and remaining stock and pour over stuffed peppers. Cover and bake in moderately hot oven, 375°, F., 30 minutes. Remove cover and continue baking 40 minutes.

Yield: 6 servings	Calories: 250
Protein, gm: 7.8	Vitamin B6, mcg: 180
Fat, gm: 16.0	Carbohydrate, gm: 20.4
Fiber, gm: 1.3	Iron, mg: 1.9

LUNCHEON MEAT AND BULGUR FONDUE

1-1/2 cups cooked bulgur
2 tbsp. chopped onion
2 tbsp. chopped pimento
1 can (12 oz.) luncheon meat, diced
2 eggs, slightly beaten
3/4 cup grated sharp Cheddar cheese
2 tbsp. chopped green pepper
2 tbsp. chopped ripe olives
1-1/2 cups hot milk

Blend bulgur, cheese, onion, pepper, pimento, olives and luncheon meat. Pour into baking dish. Combine milk and eggs and pour over bulgur mixture. Bake in moderate oven, 350° F., until set, about 35 minutes.

Yield: 6 servings	Calories: 300
Protein, gm: 17.6	Vitamin B6, mcg: 220
Fat, gm: 19.5	Carbohydrate, gm: 13.6
Fiber, gm: 0.2	Iron, mg: 1.8

BULGUR WHEAT PIZZA

Pizza Sauce

2 tbsp. vegetable oil
1/4 cup chopped green pepper
1/4 tsp. minced garlic
3/4 lb. lean ground beef
3 cups tomato sauce
2 tbsp. grated Parmesan cheese
1/4 tsp. pepper
3/4 tsp. oregano
1/4 cup chopped onion
1/4 cup sliced mushrooms
1/4 lb. Italian sausage, thinly sliced
1 can (6 oz.) tomato puree
3 cups water
snip of bay leaf
1 tsp. salt

Heat oil and saute onion, pepper, mushrooms, garlic, sausage and ground beef until onions are opaque. Add remaining ingredients, cover and simmer 45 minutes. Uncover and simmer an additional 45 minutes.

Pizza Dough

1/2 cup bulgur
1 pkg. (1/4 oz.) active dry yeast
2-1/2 cups flour
1 tbsp. vegetable oil
1-3/4 cups water
1/4 cup lukewarm water
1 tsp. salt

Combine bulgur and 1-3/4 cups water in a saucepan. Cover, heat and simmer 15 minutes or until most of the liquid is absorbed. Cool to lukewarm. Dissolve yeast in lukewarm water. Sift flour and salt together. Add oil, cooked bulgur and yeast mixture. Mix thoroughly (until dough leaves sides of bowl). Lightly oil surface of dough, cover and let rise in warm place, about 85° F. until doubled in volume, about 1-1/2 hours.

Divide dough in half. Roll each half into a circle to fit a 12-inch pizza pan. Brush surface lightly with oil. Let rise in warm place about 20 minutes.

Arrange slices of mozzarella cheese on surface of pizza crust. Top with layer of sauce. Sprinkle with grated Parmesan cheese. Bake in moderate oven, 375° F., 35 to 40 minutes.

Yield: 2 pizzas - 12 inches in diameter
(8 slices per pizza)
Fat, gm: 10.9
Fiber, gm: 2.5
Vitamin B6, mcg: 137
Calories: 231
Protein, gm: 10.3
Carbohydrate, gm: 23.5
Iron, mg: 2.1

CHOPPED MEAT CASSEROLE

1/4 cup nonfat dry milk
1-1/2 cups diced canned meat
3/4 cup shredded cheese
1 cup cooked bulgur
1 cup hot water
2 eggs, beaten
1 tsp. chopped onion

Combine all ingredients. Stir to mix well. Pour into greased baking dish. Bake at 325° F. for 30 minutes.

Yield: 6 servings
Protein, gm: 18.7
Fat, gm: 9.8
Fiber, gm: 0.0
Calories: 198
Vitamin B6, mcg: 209
Carbohydrate, gm: 8.6
Iron, mg: 1.8

SCALLOPED BULGUR WITH WIENERS

2-1/2 cups cooked bulgur
2 tbsp. chopped onion
1/2 tsp. salt
3/4 cup milk
1 egg, slightly beaten
1 can (10-1/2 oz.) condensed cream of mushroom soup
5-6 wieners

Combine bulgur, egg, onion, soup, salt and milk in shallow baking dish. Bake in moderate oven, 350° F., until mixture is partially set, about 30 minutes. Top with wieners. Brush wieners with melted margarine or oil. Continue baking until wieners are lightly browned, 15 to 20 minutes.

Yield: 6 servings
Calories: 287
Fat, gm: 18.7
Fiber, gm: 0.2
Vitamin B6, mcg: 154
Protein, gm: 10.1
Carbohydrate, gm: 20.7
Iron, mg: 1.6

✿ ACCOMPANIMENTS ✿

QUICKIE PILAFS

Dehydrated soup mixes with chicken, meat or vegetable flavors offer a variety of ready-to-use seasoning agents for quick pilafs. Readily available on the market are dehydrated onion, mushroom, chicken noodle, beef noodle, garden vegetable, green pea, and tomato soup mixes. Each of these imparts its characteristic flavor to the pilaf.

Prepare 1 cup bulgur according to directions in introduction. Add 1/2 envelope

of the seasoned soup mix at beginning of cooking. Adjust seasoning to taste with salt, pepper and seasoned salt. Increase the water by 1/4 to 1/2 cup if the soup mix contains a starch thickener (cream of mushroom, green pea mix, etc.). A cup or more of left-over diced chicken, meat, or fish, or a can of tuna fish may be added for a hearty pilaf entree. Grated Cheddar cheese or crumbled blue cheese, or a sprinkling of grated Parmesan cheese offer flavor variations. A tablespoon of bacon drippings adds zest to the green pea soup pilaf. This one is especially good with wieners or ham. Curry (1/8 teaspoon) improves chicken noodle soup pilaf and a pinch of parsley enhances the flavor of the garden vegetable pilaf.

These quickie pilafs are excellent dishes for camping menus as well as for quick meals at home.

ARMENIAN PILAF

2 tbsp. butter or margarine
1/2 cup vermicelli
2 cups chicken stock
1/8 tsp. pepper
3 tbsp. chopped onion
1 cup bulgur
3/4 tsp. salt

Heat butter in heavy skillet. Add onion and vermicelli. Saute until onion and vermicelli are lightly browned. Add remaining ingredients, cover and simmer over low heat 20 minutes or until all liquid is absorbed. Stir occasionally. After cooking, let stand 15 to 20 minutes, re-heat if necessary and serve.

Yield: 6 servings	Calories: 135
Protein, gm: 3.5	Vitamin B6, mcg: 89
Fat, gm: 4.6	Carbohydrate, gm: 21.2
Fiber, gm: 4.4	Iron, mg: 0.7

BULGUR STUFFING FOR POULTRY, MEAT OR GAME

1/3 cup butter or margarine
1/3 cup chopped celery
Giblets, chopped
2-1/2 cups cooked bulgur
1/2 tsp. salt
1/2 tsp. poultry seasoning
1/3 cup chopped onion
1/3 cup diced tart green apple, peeled and cored
1/3 cup slivered blanched almonds
1/8 tsp. pepper

Heat butter in heavy skillet. Add onion, celery, apple and giblets. Saute over moderate heat until onions are opaque. Blend in remaining ingredients. Stuff poultry or bake in moderate oven, 350º F., 30 minutes.

Yield: 8 (1/2 cup) servings	Calories: 165
Protein, gm: 6.1	Vitamin B6, mcg: 109
Fat, gm: 10.5	Carbohydrate, gm: 13.0
Fiber, gm: 0.8	Iron, mg: 1.6

Variations

1. Chestnut Stuffing: Omit almonds. Boil and peel 1/2 lb. chestnuts. Chop coarsely and add to stuffing mixture. 209 calories.
2. Norwegian Raisin-Nut Stuffing: Omit almonds. Add 1/2 cup raisins and 1/2 cup chopped cashews or walnuts. 214 calories.
3. Apple-Prune Stuffing (for duck or goose): Omit almonds. Reduce bulgur to 1-1/2 cups. Add 1-1/2 cups diced tart apple, 1 cup chopped cooked prunes, and 1 to 2 tablespoons brown sugar. 198 calories.
4. Apricot-Pineapple Stuffing (for duck or goose): Omit almonds. Reduce bulgur to 2 cups. Add 3/4 cup diced dried apricots and 1/2 cup crushed pineapple, drained. 168 calories.

BULGUR WITH VEGETABLES

1 cup bulgur
1-1/2 tsp. salt
3 cups boiling water
1/3 cup chopped onion
1/3 cup chopped green pepper
1/3 cup chopped celery
2 tbsp. vegetable oil
2 (17 oz.) cans tomatoes
2 tsp. sugar

Add wheat and salt to boiling water. Stir and cover. Cook on low heat about 20 minutes. Remove from heat and let stand covered for 5 to 10 minutes. Cook the onion, green pepper and celery in the fat. Add tomatoes, cooked vegetables and sugar to the wheat. Cook slowly until thick.

NOTE: When serving with meat, poultry or fish, substitute chicken or beef broth for boiling water; or try serving cooked bulgur with cheese sauce, meat sauce or tomato sauce.

Yield: 5 servings	Calories: 196
Protein, gm: 5.5	Vitamin B6, mcg: 305
Fat, gm: 6.3	Carbohydrate, gm: 32.7
Fiber, gm: 6.9	Iron, mg: 2.1

BOSTON BAKED BULGUR

2-1/2 cups cooked bulgur
3 tbsp. molasses
3 tbsp. brown sugar

1/2 tsp. salt
1 tsp. Worcestershire sauce
2/3 cup condensed tomato soup
3/4 cup water or canned consomme
1/2 tsp. dry mustard
1 to 2 tbsp. minced onion
1 to 2 oz. salt pork or bacon

Cut salt pork or bacon in strips 1/2 inch thick and set aside. Blend remaining ingredients and place in 1-1/2 quart casserole. Press pork strips lengthwise into surface of bulgur mixture. Cover and bake at 325° F. for 45 minutes. Remove cover and continue baking about 40 minutes.

Yield: 5 servings	Calories: 207
Protein, gm: 6.2	Vitamin B6, mcg: 284
Fat, gm: 6.4	Carbohydrate, gm: 33.0
Fiber, gm: 0. 1	Iron, mg: 2.0

BULGUR SUPREME AU GRATIN

3 tbsp. margarine
1/4 cup chopped onion
1/2 tsp. salt
1 tsp. seasoned salt
1-1/3 cups mushroom liquid plus beef stock or canned beef bouillon
1 can (4 oz.) mushroom stems & pieces
2-1/2 cups cooked bulgur
1/8 tsp. pepper
1 tsp. Worcestershire sauce
4 oz. sharp Cheddar cheese, grated
Paprika

Drain mushrooms and reserve liquid. Heat margarine in heavy skillet and add onion and mushrooms. Saute over moderate heat until onions are opaque. Blend in bulgur, salt, pepper, seasoned salt, Worcestershire sauce and mushroom liquid. Place in 1-1/2 quart casserole and stir in two-thirds of the Cheddar. Sprinkle remaining third over surface. Sprinkle with paprika. Bake in moderate oven, 350° F., about 30 minutes or until browned and bubbly.

Serving suggestion: Serve as a main course casserole with a vegetable or a crisp salad.

Yield: 5 servings	Calories: 247
Protein, gm: 10.5	Vitamin B6, mcg: 116
Fat, gm: 14.9	Carbohydrate, gm: 20.0
Fiber, gm: 0.5	Iron, mg: 1.6

CHINESE FRIED BULGUR

2 tbsp. vegetable oil
1/2 cup finely minced celery
2-1/2 cups cooked bulgur
3/4 cup finely minced onion
1/2 cup finely minced green pepper
2 tbsp. soy sauce

Heat oil in heavy skillet. Add onion, celery and pepper. Saute over moderate heat until onion is opaque. Stir in bulgur. Cover and cook over low heat 15 minutes, stirring occasionally. Stir in soy sauce.

Yield: 5 servings	Calories: 137
Protein, gm: 3.4	Vitamin B6, mcg: 143
Fat, gm: 5.8	Carbohydrate, gm: 19.7
Fiber, gm: 0.5	Iron, mg: 1.2

PILAF—CHICKEN FLAVORED

2 tbsp. butter or margarine
1 cup bulgur
1/2 tsp. salt
3 tbsp. chopped onion
2 cups chicken stock
1/8 tsp. pepper

Melt butter in heavy skillet, add onion and saute until opaque. Add remaining ingredients, cover and simmer over low heat 20 minutes, or until all liquid is absorbed.

Yield: 6 servings	Calories: 123
Protein, gm: 3.1	Vitamin B6, mcg: 89
Fat, gm: 4.5	Carbohydrate, gm: 18.8
Fiber, gm: 4.4	Iron, mg: 0.6

Variations

1. Pilaf—Beef Flavored: Substitute beef stock or canned bouillon for the chicken stock. Add 1 teaspoon Worcestershire sauce. 127 calories.
2. Pilaf—Parsley: Add 1/4 teaspoon chopped parsley to Chicken Flavored Pilaf at beginning of cooking. 123 calories.
3. Parmesan Pilaf: Increase onion to 1/4 cup and add with it 1/4 teaspoon minced garlic. When cooking is completed stir in 1/3 cup Parmesan cheese and 1 tablespoon minced parsley. 144 calories.
4. Pink Pilaf: Substitute 1 cup tomato juice, 1 cup chicken stock, 1/4 cup water for the 2 cups chicken stock. 126 calories.
5. Taiwan Pilaf: When cooking is completed stir in 1–2 tbsp. soy sauce. 125 calories.
6. Pilaf Almandine: Cook 1 cup bulgur. When cooked, add 1/3 to 1/2 cup butter or margarine. Sprinkle with chopped toasted almonds. 208 calories.

Pilaf Stuffing for Poultry, Meat or Game

Use any of the pilaf recipes above for stuffing poultry, meat or game. Add 1/4 to 1/3 cup chopped nuts.

PILAF ROMANOFF

1 cup sour cream
1 cup cottage cheese
3/4 tsp. salt
Dash Tabasco sauce
2-1/2 cups cooked or soaked bulgur
1 tsp. grated onion
1/4 tsp. Worcestershire sauce

Blend all ingredients in saucepan, cover and cook over low heat, about 10 minutes. Stir several times while heating.

Yield: 6 servings	Calories: 181
Protein, gm: 7.9	Vitamin B6, mcg: 95
Fat, gm: 9.8	Carbohydrate, gm: 16.7
Fiber, gm: 0.0	Iron, mg: 0.8

SPANISH BULGUR

4 slices bacon cut in 1/2-inch strips
1/2 cup chopped celery
1 clove garlic, finely minced
2 cups water
1 tsp. seasoned salt
1 tsp. sugar
1 cup bulgur
1/2 to 3/4 cup chopped onion
1/2 cup chopped green pepper
1 can (16 oz.) tomatoes
1/2 tsp. salt
1/4 tsp. pepper
1 tsp. Worcestershire sauce

Brown bacon in heavy skillet over moderate heat. Add onion, celery, pepper and garlic. Continue cooking until onion is opaque. Blend in remaining ingredients, cover and simmer over low heat until most of the liquid is absorbed, 20 to 25 minutes.

Yield: 6 servings	Calories: 144
Protein, gm: 5.5	Vitamin B6, mcg: 146
Fat, gm: 3.0	Carbohydrate, gm: 26.1
Fiber, gm: 5.0	Iron, mg: 1.3

✿ BULGUR BREAD AND OTHER BAKED FOODS ✿

BULGUR BAKING POWDER BISCUITS

1 cup water
2 cups flour
3/4 tsp. salt
3/4 cup milk
1/4 cup bulgur
3-1/2 tsp. baking powder
1/4 cup shortening

Combine water and bulgur in saucepan. Cover and heat to simmer—do not boil. Simmer about 20 minutes or until most of the water is absorbed. In separate bowl, sift together flour, baking powder and salt. Cut shortening into flour mixture with pastry blender until shortening is finely distributed. Stir in milk and cooked bulgur. Turn out on lightly floured paper. Knead about 10 times. Pat or roll out about 1/2-inch thick. Cut with floured biscuit cutter or knife into 2-inch squares. Bake on greased baking sheet in preheated oven, 400° F., until biscuits are lightly browned, 25 to 30 minutes.

Yield: 12 (2-inch) biscuits	Calories: 134
Protein, gm: 3.0	Vitamin B6, mcg: 26
Fat, gm: 5.1	Carbohydrate, gm: 19.1
Fiber, gm: 1. 1	Iron, mg: 1.0

BAKING POWDER BULGUR WHEAT SHORTCAKE

Use recipe for biscuits above, adding 1/3 cup sugar to dry ingredients when sifting. When all ingredients are mixed, pat dough into greased 8-inch cake pan. Brush surface lightly with milk and sprinkle with sugar. Bake in hot oven, 400° F., about 30 minutes.

Serving suggestion: Top with whipped cream and fruit.

Yield: 8 servings	Calories: 234
Protein, gm: 4.5	Vitamin B6, mcg: 39
Fat, gm: 7.6	Carbohydrate, gm: 36.8
Fiber, gm: 1.6	Iron, mg: 1.6

BULGUR WHEAT MUFFINS

1/4 cup bulgur
1 cup flour
1/3 cup sugar
1 egg, slightly beaten
1/4 cup vegetable oil

1 cup water
3 tsp. baking powder
1/2 tsp. salt
1/2 cup milk

Combine water and bulgur in saucepan. Cover and heat to simmer—do not boil. Simmer about 20 minutes or until most of the water is absorbed. In separate bowl, sift flour, baking powder, sugar and salt. Combine egg, milk, cooked bulgur and oil in small bowl. Stir into dry ingredients just enough to blend. Do not over-stir; batter will look rough. Drop into well greased (2-1/4 in.) muffin tins. Sprinkle tops with mixture of 2 tablespoons sugar and 1/4 teaspoon cinnamon. Bake in hot oven, 400° F., 20 to 25 minutes.

Yield: 12 medium sized muffins	Calories: 120
Protein, gm: 2.2	Vitamin B6, mcg: 24
Fat, gm: 5.2	Carbohydrate, gm: 16.4
Fiber, gm: 0.8	Iron, mg: 0.6

Variations

1. Spicy Apple Bulgur Wheat Muffins: Sift 1/2 teaspoon cinnamon and 1/4 teaspoon nutmeg with the dry ingredients. Add 1/3 cup finely diced apple (peeled and cored) with the liquid ingredients. 122 calories.
2. Blueberry Bulgur Wheat Muffins: Add 1/2 cup fresh or canned (drained) blueberries with the liquid ingredients. 124 calories.
3. Nutty Bulgur Wheat Muffins: Prepare mixture of 2 tablespoons sugar, pinch of cinnamon and 2 tablespoons finely chopped nuts. Sprinkle on top of batter before baking. 136 calories.
4. Date-Nut Bulgur Wheat Muffins: Add 1/4 cup chopped dates and 2 tablespoons finely chopped nuts to dry mixture. 138 calories.
5. Raisin Bulgur Wheat Muffins: Add 1/4 cup raisins to dry mixture. 129 calories.

WHITE BREAD WITH BULGUR

1 cup water
1/8 tsp. salt
1 pkg. (1/4 oz.) activated dry yeast
4-1/4 cups all-purpose flour
3 tbsp. sugar
1/4 cup bulgur
3/4 cup milk
1/2 cup lukewarm water
2 tsp. salt
3 tbsp. vegetable oil

Combine 1 cup water, bulgur and 1/8 teaspoon salt in saucepan. Cover and heat to simmer; do not boil. Simmer about 20 minutes or until most of water is absorbed. Cool to lukewarm.

Scald milk and cool to lukewarm. Blend yeast and lukewarm water. Stir milk into yeast mixture. Sift together flour, 2 teaspoons salt and sugar, reserving 1/4 cup. Add remainder to yeast mixture with the cooked bulgur. Add vegetable oil and mix thoroughly.

Turn out on board or brown paper which has been lightly dusted with part of the 1/4 cup reserved flour mixture. Knead about 10 minutes or until dough is smooth and satiny. Form into ball. Place in warm greased bowl. Brush surface lightly with oil. Cover and let rise in warm place (80° to 85° F.) until volume is doubled, 1-1/2 to 2 hours. At this point dough will retain impression when pressed with finger. Punch down dough. Turn out on board or brown paper which has been lightly dusted with remaining flour. Divide into two equal portions. Mold each into a ball. Cover and let rest for 15 minutes. Shape into loaves.

Place dough in two lightly greased loaf pans. Brush tops lightly with oil or melted shortening. Cover and let rise in warm place (80° to 85° F.) until volume is doubled. Bake in preheated oven, 400° F., 35 to 40 minutes.

Yield: 2 (1 lb.) loaves, 12 slices each	Calories: 111
Protein, gm: 2.8	Vitamin B6, mcg: 24
Fat, gm: 2.1	Carbohydrate, gm: 20.0
Fiber, gm: 1.0	Iron, mg: 1.1

✿ DESSERTS ✿

BAKED BANANA BULGUR WHEAT CUSTARD

1-1/2 cups cooked bulgur
1 tbsp. lemon juice
1 tsp. vanilla
1/8 tsp. salt
2 eggs, slightly beaten
1/2 cup mashed banana
1 tsp. grated lemon rind
1/3 cup sugar
2 cups milk
1 tbsp. melted butter or margarine

Blend all ingredients in baking dish. Sprinkle lightly with cinnamon. Bake in moderate oven, 350° F., 40 to 45 minutes or until set.

Yield: 6 servings	Calories: 178
Protein, gm: 6.1	Vitamin B6, mcg: 202
Fat, gm: 5.0	Carbohydrate, gm: 28.3
Fiber, gm: 0.3	Iron, mg: 0.8

BANANA BULGUR CAKE

1/3 cup bulgur
2 cups all-purpose flour
1/2 tsp. salt
1 cup sugar
1 tsp. vanilla
1 tsp. lemon juice
1-1/3 cups water
3 tsp. baking powder
1/2 cup butter or margarine
2 eggs
3/4 cup mashed banana
1/4 cup milk

Combine water and bulgur in saucepan. Cover and heat to simmer. Simmer about 20 minutes or until most of the water has been absorbed. Sift together flour, baking powder and salt. In separate bowl, cream margarine and sugar until light and fluffy. Add eggs and beat until thick and creamy. Blend vanilla, banana, lemon juice and milk with the cooked bulgur. Add alternately with dry ingredients to creamed mixture. Blend well after each addition. Turn into greased 1-1/2 quart loaf pan. Bake in moderate oven, 350° F., about 1-1/4 hours.

Yield: 12 servings	Calories: 248
Protein, gm: 3.9	Vitamin B6, mcg: 116
Fat, gm: 8.7	Carbohydrate, gm: 39.4
Fiber, gm: 1.5	Iron, mg: 1.2

BUTTERSCOTCH BULGUR BAVARIAN

1 tbsp. gelatin
1/4 cup water
2/3 cup brown sugar
1-1/2 cups evaporated milk
1/4 tsp. salt
1 tsp. vanilla
1-1/2 cups cooked bulgur
1/2 cup heavy cream, whipped

Blend gelatin and water in saucepan. Stir in brown sugar, milk and salt. Cook over low heat, stirring constantly, until gelatin and sugar dissolve. Do not boil. Remove from heat and blend in bulgur and vanilla. Chill until thick but not firm. Fold in whipped cream. Turn into mold which has been brushed with salad oil. Chill until firm. Serving suggestion: Unmold and garnish with whipped cream and pecan halves.

Yield: 6 servings	Calories: 258
Protein, gm: 7.4	Vitamin B6, mcg: 74
Fat, gm: 12.2	Carbohydrate, gm: 30.9
Fiber, gm: 0.1	Iron, mg: 1.1

CHOCOLATE BULGUR BAVARIAN

1 tbsp. gelatin
2 tbsp. water
2-1/2 tbsp. cocoa
3/4 cup sugar
1-1/2 cups milk
1-1/2 cups cooked bulgur
1 tsp. vanilla
1/2 cup heavy cream, whipped

Blend gelatin and water in saucepan. Combine cocoa and sugar in small bowl and add to gelatin mixture. Stir in milk and heat, stirring frequently, until gelatin and sugar dissolve. Do not boil. Remove from heat and add bulgur and vanilla. Chill until thick but not firm. Fold in whipped cream. Turn into mold which has been brushed with salad oil. Chill until firm.

Serving suggestion: Unmold and garnish with whipped cream and a few candied cherries.

Yield: 6 servings	Calories: 246
Protein, gm: 5.3	Vitamin B6, mcg: 69
Fat, gm: 8.9	Carbohydrate, gm: 37.7
Fiber, gm: 0.1	Iron, mg: 0.5

CHERRY COBBLER WITH BULGUR SHORTCAKE

2 tbsp. cornstarch
1 cup sugar
1 can (16 oz.) sour red pitted cherries
2 tsp. lemon juice

Drain and reserve juice from cherries. Add enough water to cherry juice to equal 1 cup. In a saucepan blend sugar and cornstarch. Stir in juice mixture. Cook over moderate heat (stirring constantly) until mixture thickens and comes to a boil. Stir in drained cherries and lemon juice. If a brighter red color is desired stir in a little red food coloring. Pour into a 9-inch cake pan or pie dish. Prepare 1 recipe for Bulgur Shortcake. Drop by tablespoons on top of cherry mixture. Bake in preheated oven, 400° F., about 30 minutes.

Yield: 10 servings	Calories: 286
Protein, gm: 4.0	Vitamin B6, mcg: 51
Fat, gm: 6.1	Carbohydrate, gm: 54.9
Fiber, gm: 1.8	Iron, mg: 1.9

Variations

(Substitute equal quantities of fruit liquid and drained fruit for the cherry liquid and drained cherries in above recipe. If fruit is packed in sweetened syrup reduce sugar to 1/2 cup. Dietary analyses based on fruits canned in water, except for pineapple cobbler recipe: pineapple was only available in juice pack.)

1. Apricot Cobbler with Bulgur Shortcake, 283 calories.
2. Blueberry Cobbler with Bulgur Shortcake, 288 calories.
3. Boysenberry Cobbler with Bulgur Shortcake, 286 calories.
4. Pineapple Cobbler with Bulgur Shortcake, 296 calories.
5. Peach Cobbler with Bulgur Shortcake, 281 calories.

BULGUR CHERRY CUSTARD

2 cups hot cooked bulgur
1/4 cup brown sugar
1-1/2 tbsp. cornstarch
1 tbsp. lemon juice
2 eggs, slightly beaten
3 tbsp. sugar
2 tbsp. butter or margarine
1/2 tsp. cinnamon
1/4 cup sugar
1 can (16 oz.) red sour pitted cherries
1 cup milk
1/2 tsp. vanilla

Drain cherries, reserving juice. Set aside. Blend bulgur, butter, brown sugar and cinnamon in baking or pie dish. In saucepan, blend cornstarch and sugar. Stir in juice drained from fruit. Cook, stirring constantly, until thickened. Add lemon juice and drained cherries. Spread on bulgur mixture.

Blend eggs, milk, sugar and vanilla. Pour egg mixture over fruit mixture. Bake in moderate oven, 350° F., for 1 hour, or until custard is set.

Yield: 8 servings	Calories: 181
Protein, gm: 4.2	Vitamin B6, mcg: 93
Fat, gm: 4.6	Carbohydrate, gm: 32.1
Fiber, gm: 0.6	Iron, mg: 1.6

Variations

(Substitute 1 can (16 oz.) of any of these fruits for 1 can (16 oz.) red sour pitted cherries in the above recipe. Dietary analyses based on fruits canned in water, except for pineapple custard recipe: pineapple was only available in juice pack.)

1. Bulgur Apricot Custard, 176 calories.
2. Bulgur Blueberry Custard, 182 calories.
3. Bulgur Boysenberry Custard, 181 calories.
4. Bulgur Pineapple Custard, 194 calories.
5. Bulgur Peach Custard, 174 calories.

BULGUR DARK FRUIT CAKE

3/4 cup sifted all-purpose flour
1/2 tsp. cinnamon
1/8 tsp. mace
1/2 cup seedless raisins
1/2 cup currants
1 cup diced glace citron
1/4 cup butter or margarine
1/4 cup sugar
1/4 cup strawberry preserves
1/4 tsp. baking soda
1/4 tsp. allspice
1/8 tsp. nutmeg
1/2 cup golden raisins
1 cup diced mixed glace fruit
1/2 cup glace cherries
2 eggs, separated, room temperature
1/4 cup cider
1-1/2 cups cooked bulgur

Sift together flour, baking soda, cinnamon, allspice, mace and nutmeg. Add fruits and mix enough to separate pieces of fruit.

Cream butter and sugar until light and fluffy. Add egg yolks and beat until thick and creamy. Stir in cider, preserves and bulgur. Add flour-fruit mixture and blend thoroughly. In separate bowl, beat egg whites until stiff enough to hold peaks. Fold into batter. Fill greased loaf pan or mold about three-fourths full (coffee or shortening cans will do). Cover tightly. *Steam for 3 hours. Cool for 15 minutes, remove from pans, and brush with Brown Sugar Glaze.

*Any large covered utensil with tightly fitting cover can be used as a steamer. Place rack in bottom and keep water level at about l-1/2 inches. Keep water boiling gently.

Yield: 24 servings	Calories: 158
Protein, gm: 1.8	Vitamin B6, mcg: 44
Fat, gm: 2.5	Carbohydrate, gm: 33.7
Fiber, gm: 0.6	Iron, mg: 1.0

BULGUR LIGHT FRUIT CAKE

1-1/3 cups sifted all-purpose flour
2/3 cup diced glace citron
1 cup slivered blanched almonds
3/4 cup sugar
1/2 tsp. lemon extract
1-1/3 cups cooked bulgur
1-1/3 cups golden raisins
1 cup glace cherries

3/4 cup butter or margarine
4 eggs, room temperature
1/2 tsp. vanilla

Combine flour, fruit and almonds. Mix enough to separate pieces of fruit.

Cream butter and sugar until light and fluffy. Add eggs, lemon extract and vanilla and beat until thick and creamy. Stir in bulgur. Add flour-fruit mixture and blend thoroughly. Fill greased loaf pan or mold about three-fourths full (coffee or shortening cans will do). Cover tightly. *Steam for 3 hours. Cool for 15 minutes, remove from pans and brush with Brown Sugar Glaze.

*Any large covered utensil with tightly fitting cover can be used as a steamer. Place rack in bottom and keep water level at about 1-1/2 inches. Keep water boiling gently.

Yield: 24 servings	Calories: 227
Protein, gm: 3.1	Vitamin B6, mcg: 54
Fat, gm: 8.6	Carbohydrate, gm: 36.1
Fiber, gm: 1. 1	Iron, mg: 1.2

BULGUR INDIAN PUDDING

2-1/2 cups cooked bulgur
1/2 tsp. cinnamon
1/8 tsp. cloves
1/2 cup molasses
1/2 cup raisins (optional)
1-1/4 cups water
1/2 tsp. salt
1/4 tsp. ginger
1/3 cup sugar
3 tbsp. butter or margarine
1 can (13-1/2 oz.) evaporated milk

Mix all ingredients in 2-quart casserole. Cover and bake at 325° F., for 45 minutes. Remove cover and continue baking about 45 minutes.

Serving suggestion: Serve with whipped cream or ice cream.

Yield: 6 servings	Calories: 343
Protein, gm: 7.1	Vitamin B6, mcg: 125
Fat, gm: 10.8	Carbohydrate, gm: 57.7
Fiber, gm: 0.7	Iron, mg: 2.8

NUTTY APPLE AND BULGUR BETTY

2-1/2 cups cooked bulgur
1-1/2 tbsp. sugar
1/4 tsp. vanilla
1 tsp. lemon juice
1/4 tsp. cinnamon

3 tbsp. peanut butter
1/4 tsp. cinnamon
1 can sweetened and thickened apple pie filling*
pinch nutmeg

Blend bulgur, peanut butter, sugar, cinnamon and vanilla in shallow baking or pie dish. In separate bowl, combine pie filling, lemon juice, cinnamon and nutmeg. Spread apple mixture on bulgur mixture. Bake in moderate oven, 350° F., 20 to 25 minutes.

*If unsweetened pie-sliced apples are used add 1/4 cup firmly packed brown sugar, 1/2 cup granulated sugar, and 2 tablespoons flour to the apple mixture. Increase cinnamon to 1/2 teaspoon.

Yield: 8 servings	Calories: 119
Protein, gm: 3.5	Vitamin B6, mcg: 71
Fat, gm: 3.4	Carbohydrate, gm: 20.5
Fiber, gm: 0.4	Iron, mg: 0.8

PINEAPPLE BAVARIAN

1-1/2 cups cooked bulgur
2 tbsp. unflavored gelatin
1/2 cup sugar
1/2 cup crushed pineapple
2-1/2 tbsp. lemon juice
1-1/4 cups pineapple juice
1 cup milk
1/2 tsp. vanilla
3/4 cup cream, whipped

Combine sugar and gelatin in sauce pan. Add one half of the pineapple juice. Heat just to boiling. Cool. Add remaining juices and pineapple, cooked bulgur, vanilla and milk, to the prepared gelatin and juice mixture. Chill until thick but not firm. Fold whipped cream into chilled mixture. Place in individual serving dishes. Chill until firm.

Yield: 12 servings	Calories: 132
Protein, gm: 3.1	Vitamin B6, mcg: 58
Fat, gm: 5.1	Carbohydrate, gm: 19.5
Fiber, gm: 0. 1	Iron, mg: 0.3

STEAMED BULGUR FRUIT PUDDING

1-1/4 cups all-purpose flour
1/2 tsp. salt
1-1/4 cups sugar
1-1/2 cups cooked bulgur
1/2 cup dried prunes (pitted)
1/4 cup dried apricots

2 tsp. baking powder
1/2 cup butter or margarine
2 eggs
1 tsp. vanilla
1/2 cup raisins
1 cup milk

Sift together flour, baking powder and salt and set aside. Cream butter and sugar until light and fluffy. Add eggs and beat until thick and creamy. Stir bulgur and vanilla into egg mixture. Grind prunes, raisins and apricots together and stir into bulgur mixture. Add milk and bulgur mixture alternately with dry ingredients. Blend well after each addition. Fill greased loaf pan or mold three-fourths full (coffee or shortening cans will do). Cover tightly. *Steam 2 hours.

Serving suggestion: Serve with warm Lemon Sauce or Hard Sauce.

*Any large covered utensil with tightly fitting cover can be used as a steamer. Place rack in bottom and keep water level at about 1-1/2 inches. Keep water boiling gently.

Yield: 12 servings	Calories: 275
Protein, gm: 4.1	Vitamin B6, mcg: 83
Fat, gm: 8.9	Carbohydrate, gm: 46.4
Fiber, gm: 1.2	Iron, mg: 1.4

STEAMED SPICY BULGUR RAISIN PUDDING

1-3/4 cups flour
1/2 tsp. salt
1/4 tsp. nutmeg
1-1/4 cups sugar
1-1/2 cups cooked bulgur
1/2 cup raisins
2-1/2 tsp. baking powder
1 tsp. cinnamon
1/2 cup butter or margarine
2 eggs
3/4 teaspoon vanilla
1 cup milk

Sift together flour, baking powder, salt, cinnamon and nutmeg and set aside. Cream butter and sugar until light and fluffy. Add eggs and beat until thick and creamy. Stir bulgur, vanilla and raisins into egg mixture. Add milk and bulgur mixture alternately with dry ingredients. Blend well after each addition. Fill greased loaf pan or mold three-fourths full (coffee or shortening cans will do). Cover tightly. *Steam 2 hours.

Serving suggestion: Serve with warm Nutmeg Sauce.

*Any large covered utensil with tightly fitting cover can be used as a steamer. Place rack in bottom and keep water level at about 1-1/2 inches. Keep water boiling gently.

Yield: 12 servings
Protein, gm: 4.4
Fat, gm: 8.9
Fiber, gm: 0.9
Calories: 274
Vitamin B6, mcg: 62
Carbohydrate, gm: 45.2
Iron, mg: 1.4

✿ SAUCES ✿

BROWN SUGAR GLAZE

1/3 cup water
1/2 cup brown sugar, firmly packed
1/3 cup light corn syrup
2 tbsp. lemon juice

Combine water, corn syrup and brown sugar. Bring slowly to a boil and boil 2 minutes. Stir in lemon juice. Brush while warm on fruit cake, Danish pastry or sweet rolls.

HARD SAUCE

1/4 cup butter or margarine
1 tsp. boiling water
1 cup sifted confectioner's sugar
1 tsp. vanilla

Cream butter and sugar. Add water and vanilla and beat until smooth and fluffy. Makes 1 cup sauce.

LEMON SAUCE

1 tbsp. cornstarch
1 cup water
1 tbsp. grated lemon rind
1/2 cup sugar
1 tbsp. butter or margarine
3 tbsp. lemon juice

Combine cornstarch and sugar in saucepan. Stir in water. Bring to a boil, stirring constantly. Boil gently 2 minutes. Remove from heat and stir in butter, lemon rind and lemon juice. Serve hot or cold. Makes 1-1/4 cups sauce.

NUTMEG SAUCE

2 tsp. cornstarch
1/8 tsp. salt
1 tbsp. butter or margarine
2/3 cup sugar
1 cup cold water
1/2 tsp. nutmeg

Combine cornstarch, sugar and salt in saucepan. Stir in water. Bring slowly to a boil, stirring constantly. Boil gently for 2 minutes. Remove from heat and stir in butter and nutmeg. Makes 1-1/4 cups sauce.

MOCK TARTAR SAUCE

1/3 cup mayonnaise
1-1/2 tbsp. chopped green olives
1-1/2 tbsp. chopped sweet pickle relish
1 tbsp. minced onion
2 tsp. tarragon vinegar

Prepare 1 cup medium white sauce. Stir in all ingredients. Serve with baked, fried or broiled fish combinations.

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