

Bulgur & Tomato Pilaf

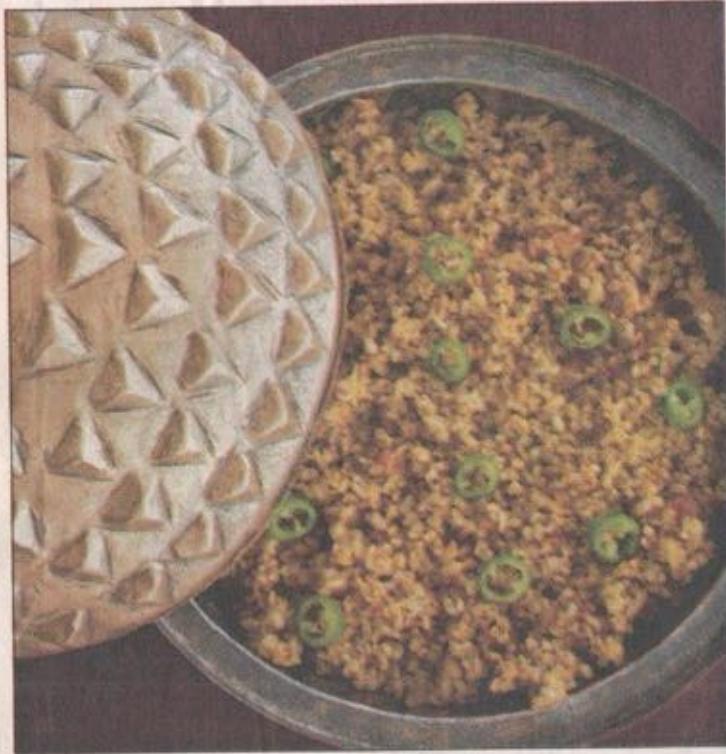
Serves 4-6

In Middle Eastern markets, bulgur is sold in a range of sizes, from fine to coarse. For this pilaf, choose coarse bulgur.

1½ cups coarse bulgur
2 tablespoons extra virgin olive oil
1 tablespoon unsalted butter
1 large onion, coarsely chopped
1½ teaspoons tomato paste
1½ teaspoons Turkish hot red pepper paste (biber salcasi, see "Where to find Turkish ingredients," this page)
½ pound tomatoes, peeled, seeded and diced
1 teaspoon dried mint
½ teaspoon hot red pepper flakes
½ teaspoon ground sumac (see Note)
1½ teaspoons salt
2 cups boiling water
1 small Anaheim chile, halved lengthwise, seeded, then thinly sliced crosswise (use less if very hot)

Instructions: Put the bulgur in a sieve and rinse under cold running water until the water runs clear. Set aside to drain.

In a deep skillet or Dutch oven, heat the olive oil and butter over moderate heat until the butter melts. Add the onion and sauté until it begins to color, about 5 minutes. Add the tomato paste and pepper paste and sauté



another 6-8 minutes.

Add the diced tomato, mint, red pepper flakes, sumac and salt. Cook, stirring, until the tomatoes soften, about 5 minutes. Add the bulgur and stir until it is coated with the seasonings and hot throughout. Add the boiling water, stir gently, cover and reduce the heat to low. Cook until the liquid has been absorbed and the bulgur is tender, about 25 minutes. Remove from heat and gently stir in the sliced green pepper with a fork. Place a

double thickness of paper towels on the surface of the pilaf. Cover with the lid and set aside to steam for 15 minutes. Taste and adjust the seasoning.

Note: Sumac, a purplish-red spice with a sour taste, is available on spice shelves in well-stocked markets and at Middle Eastern markets.

Per serving: 200 calories, 5 g protein, 31 g carbohydrate, 7 g fat (2 g saturated), 5 mg cholesterol, 590 mg sodium, 7 g fiber.