



Kisir

Kisir, often referred to as Turkish tabbouli, is popular on mezze menus across the country. The essential elements are the same as for tabbouli – burghul (cracked wheat), tomato, parsley, mint, lemon juice, olive oil – though in different ratios as, unlike tabbouli, the burghul is the star in kisir with the vegetables as support acts.

Serves 4 as a side dish or 6 as a mezze



INGREDIENTS

- ½ cup fine bulgur (90g/3¼oz)
- ½ cup boiling water (125ml)
- 1 tablespoon strained lemon juice (20ml)
- 1 teaspoon pomegranate molasses (5ml)
- ½ teaspoon Aleppo pepper (pul biber)
- 1 teaspoon salt flakes
- 1½ tablespoons extra virgin olive oil (30ml)
- 2 teaspoons tomato paste (10ml)
- 2 teaspoons hot biber salçası (10ml)
- 100g grape tomatoes, finely diced
- 1 long green chilli, seeded and finely diced
- 4 green onions, finely chopped
- ¼ cup finely sliced flat-leaf parsley leaves and fine stalks
- 1½ tablespoons finely sliced mint leaves
- 12 small cos lettuce leaves

METHOD

1. Place bulgur in a large heatproof bowl and cover with the boiling water.
2. Cover and set aside for 15 minutes.
3. Place lemon juice, pomegranate molasses, Aleppo pepper and salt in a screw-top jar and shake to dissolve salt.
4. Add oil, tomato paste and biber salçası and shake to combine well.
5. Add to the burghul and use a spatula to mix it through thoroughly. Set aside to cool completely.
6. Fold the tomato, green chilli, green onion, parsley and mint through well.
7. Refrigerate for at least an hour, then serve with cos lettuce leaves.