

# Kisir (Turkish Bulgur Salad)

*Turkish · Salad · Easy · 30 min total · Serves 4*

Kisir is a bright, hand-worked bulgur salad seasoned with tomato paste, pomegranate molasses and plenty of parsley and scallion. Scooped into crisp lettuce leaves, it works as a meze, a picnic dish or a side for kebabs.

## Ingredients

- 1 cup fine bulgur (#1 grade) (uncooked; coarse bulgur needs a longer soak)
- 1.5 cup hot water (boiling, divided into 1/2 cup and 1 cup)
- 2 tbsp tomato paste (add 1 tsp biber salçası (red pepper paste) if you have it; otherwise add 1 tsp paprika)
- 2 tbsp pomegranate molasses (nar eksisi; or 1 tbsp lemon juice plus 1 tbsp sugar)
- 3 tbsp extra-virgin olive oil (divided for the dressing)
- 2 tbsp lemon juice (freshly squeezed)
- 4 stalks scallions (thinly sliced, white and green parts)
- 1 bunch flat-leaf parsley (very finely chopped)
- 1 tbsp fresh mint (finely chopped)
- 1 tsp pul biber (or Aleppo pepper)
- 0.5 tsp fine sea salt (adjust to taste)
- 1 small butter lettuce (leaves for wrapping)

## Method

1. Whisk the tomato paste, pomegranate molasses, 2 tablespoons of the olive oil, pul biber and salt in a large bowl with 1/2 cup of the boiling water until smooth and glossy.
2. Add the remaining 1 cup of boiling water, then stir in the bulgur. Cover the bowl with a towel and let it stand 15 to 20 minutes until the bulgur has drunk all the liquid and is tender with no crunch.
3. While the bulgur soaks, finely chop the scallions, parsley and mint.
4. Add the herbs, the remaining tablespoon of olive oil and the lemon juice to the bulgur. Knead and rub the grains between your hands for 3 to 5 minutes until they are evenly coloured and softened.
5. Taste and adjust. Add more lemon juice or pomegranate molasses for sourness, or a little more salt if it tastes flat.
6. Chill for 30 minutes or serve at room temperature. Spoon the salad into lettuce leaves to wrap and eat by hand.