

# [The Bulgar Bugle](#)

Supporting the Sustainable, Just, and Frugal Kitchen. Always Make Extra Bulgar!

---

## [Using Whole Bulgar in Whole Wheat Bread](#)

July 1st, 2008

I made my first loaf of no-knead bread today, using a variation of the recipe at [http://www.breadtopia.com/bread-recipes-dry-yeast/#Rick\\_s\\_Whole\\_Wheat](http://www.breadtopia.com/bread-recipes-dry-yeast/#Rick_s_Whole_Wheat) .

The no-knead bread process is simple! First you make the dough, then you let it rise for 18 hours. You shape the dough into a ball, and let it rise for about 1-1/2 hours. Meanwhile, you preheat the oven and the baking dish to 500 degrees F. The site recommends a dutch oven, covered pyrex baking dish, or a clay cloche, I used a ceramic crockpot insert with a pyrex lid. After the final raising, you put the dough into the baking dish, cover it, and bake it for 30 minutes at 500 degrees. Then you take the cover off, and bake it for 15 minutes.

Voila! Excellent artisan whole-wheat/oatmeal bread with a great texture and an even better crust!

I followed his recipe exactly except:

+ Instead of using 1-1/2 cups of water, I used 1-1/2 cups of “Broth of Wheat”, which is water that I boil the wheat in to make bulgar.

+ Instead of using 2 tablespoons of milk, I used 2 tablespoons of Wagon Creek Creamery yogurt. I have always used either yogurt or buttermilk when making whole wheat bread.

+ I didn't have any instant yeast so I used 1-1/2 teaspoons of Fleishman's yeast.

+ I didn't have any demerara sugar so I just used regular sugar, and I didn't have any sea salt so I used pickling salt.

+ I also added 1/2 cup cooked whole bulgar to the dough (that is, wheat that has been through the bulgar process — boiled and then dehydrated, but not cracked) to the dough. This adds a nice chewiness to the texture. I boiled the whole bulgar for 15 minutes and let it cool before adding it to the dough.

+ And of course, I used Oklahoma wheat from the certified organic farm of John and Kris Gosney in Fairview, which I ground myself.

This may be the best loaf of whole wheat bread I have ever baked.

Posted in [Uncategorized](#) | [No Comments](#) »

## [Cream of Bulgar and Pancakes](#)

June 16th, 2008

I was making whole wheat pancake batter this morning, and the batter looked a little thin. I was in a rush and wasn't measuring precisely. So I added 1/4 cup of uncooked Cream of Bulgar, and they came out nice and light — even though I had also forgotten to add an egg.

Posted in [Cream of Bulgar Recipes](#) | [No Comments »](#)

## **Bulgar pilaf loves ketchup.**

June 11th, 2008

How American is this? We had frozen home-made “TV dinners” tonight, which included bulgar pilaf. There was a bottle of ketchup sitting on the counter, and I thought, “Why not?” So I dashed a good portion of ketchup onto the pilaf, mixed it in, and it was very good.

Posted in [Bulgar Recipes](#) | [No Comments »](#)

## **Bulgar with Carrots**

June 11th, 2008

Yesterday I mixed some left-over bulgar pilaf with a can of carrots (drained). Heated it up, and voila, quick and easy side dish for the meatloaf. This isn't the first time I've done this. Carrots in general — shredded, cooked, canned, however — are a good match with bulgar.

Posted in [Great Uses for Left-over Bulgar](#) | [No Comments »](#)

## **Bulgar with Scrambled Eggs and Sausage**

June 9th, 2008

Cook some sausage and scramble some eggs (however much you need for those you're feeding).

After the eggs are scrambled, add cooked bulgar pilaf (about 1/4 cup per person).

Combine all ingredients in skillet. Voila, quick and nutritious “stick to your ribs” breakfast.

Posted in [Great Uses for Left-over Bulgar](#) | [No Comments »](#)

## **Bulgar with Greens and Cheese**

June 9th, 2008

This is a good use for left-over bulgar.

About 3 cups of left-over cooked bulgar pilaf

1 can of chopped cooked greens (or an equivalent amount of freshly cooked greens)

grated cheese (to taste)

Place left over cooked bulgar pilaf in skillet and warm.

Add cooked greens and cheese.

Heat until hot and the cheese is melted

Posted in [Great Uses for Left-over Bulgar](#) | [No Comments](#) »

## [The Evolving Cream of Bulgar Casserole](#)

June 7th, 2008

Here's tonight's version of the Cream of Bulgar Casserole.

1 cup uncooked Cream of Bulgar  
1 cup vegetable broth  
1 cup water  
1/2 chopped onion  
1 small can mushrooms, drained  
1 can cooked collard greens, "seasoned Southern style", well drained  
Garlic powder, black pepper  
1 teaspoon habanero sauce  
1/4 cup butter  
1/4 cup yogurt cheese  
1 egg, beaten  
1 cup shredded cheese  
Dash of salt

Preheat the oven to 350 degrees. Open the can of collard greens and put it in a colander to drain. Catch the liquid and add to compost or save for use in a later recipe.

Saute the onions and mushrooms in butter, add water and broth, sprinkle the cream of bulgar over the liquid, stir, add habanero sauce, garlic powder, salt, black pepper, cook about 5 minutes. Add the greens and the shredded cheese. If you don't have your own habanero sauce, add some cayenne pepper or Louisiana style hot sauce. The point of that is — this is a bland dish, so give it some pep!

Take about 1/4 cup of the mixture, put in a cup, add 1/8 cup water, and combine this with the beaten egg, then add this to the mixture and stir thoroughly.

Bake until nicely done. It took me about 1 hour, but I was cooking it in an electric roaster oven on the porch. (We cook outside during the summer.) It would probably have taken a little less time in the inside oven.

This dish is a meal by itself, but we had it with a pork roast.

Posted in [Cream of Bulgar Recipes](#) | [No Comments](#) »

## [Bulgar Pancakes](#)

June 7th, 2008

This morning I was making whole wheat pancakes for breakfast, and decided, what the heck, I have all this

bulgar laying around, let's throw some in the pancake batter.

Good choice, Bob. I used the bulgar that I had cooked overnight in the crockpot (see previous post today). My recipe for whole wheat pancakes with bulgar is as follows:

1 cup whole wheat flour  
2 teaspoons baking powder  
1 egg  
1 cup buttermilk  
1/2 cup water  
2 tablespoons oil  
1/2 cup prepared bulgar

Mix the dry ingredients, add the oil, mix thoroughly. Add the prepared bulgar, buttermilk, beaten egg, and water. Let the batter stand for about 10 minutes while you fry some sausage or bacon for a side dish. Make small dollar size pancakes. This recipe makes about 18 dollar sizers, which is our favorite size of pancake. Well, it actually made about 21 but I ate three while cooking them — one must be certain of the quality before serving. Two of us can't eat 18 pancakes for breakfast, but that's OK, because these keep just fine, and they are great for occasional snacks, especially with peanut butter.

Posted in [Bulgar Recipes](#) | [No Comments »](#)

## [Whole Lotta Bulgar](#)

June 7th, 2008

This week I am making frozen dinners for eating later — I do this because sometimes I am too busy to cook, so I like to take a nice home-made frozen dinner out of the freezer and warm it up in the oven. This is much better than fast food or eating out at a restaurant, and it is much cheaper.

So yesterday I made a “whole lotta bulgar”.

3 large onions, chopped  
8 cups bulgar (regular grind)  
16 cups broth (I used some frozen vegetable broth, plus the drippings from the roasts I was cooking for the meat portion of the frozen dinners, and topped it off with water)  
garlic powder  
1 tablespoon dill seeds  
1 tablespoon cumin seeds  
1 tablespoon coriander seeds  
3 tablespoons habanero sauce

I put the onions in my electric skillet, with some olive oil, and sprinkled the dill, cumin, and coriander seeds, also the garlic powder (several shakes), and some salt. While they were sauteing, I put the broth in a pot, added the habanero sauce.

When the onions were clear, I added them to the broth, and poured the uncooked bulgar into the pan, and heated it for about 5 minutes. Then I put all but 2 cups of it in a large roasting pan, and added 12 cups of the broth. The other 2 cups I put in a crock pot with 4 cups broth. I would have done it “all in one pot”, but my

roaster wasn't big enough for 8 cups of bulgar and 16 cups of broth. There were also about 4 cups of veggies (carrots, cabbage, and celery) from the broth that went in with the bulgar.

The main roasting pot went into the electric roaster on the front porch (I always cook outside during the summer, as an energy conservation matter — less heat and humidity inside = more comfort). The crock pot also went onto the porch, on low.

I set the roaster at 350 degrees, and about 45 minutes later, voila, 12 cups of cooked bulgar. The crock pot bulgar was ready this morning. It has a more moist texture than the roaster (equivalent of oven-cooked) method, I will have more to say about that in a moment.

So that's how to make a whole lotta bulgar for whatever event you may have coming up (church supper, family reunion, or your own version of "once a month" cooking.

Posted in [Bulgar Recipes](#) | [No Comments](#) »

## [Cooking with Seitan](#)

June 4th, 2008

OK, so now we have some unflavored seitan. What can be done with it?

Lots, but for now, I have been experimenting with pan frying it. First I slice it about 1/4 inch to 1/2 inch thick. Then I coat it with a mixture of herbs and spices with a bit of salt. I don't have a standard mixture yet, as this is still in the test kitchen stage. I have rubbed the spices/herbs into the cutlets, and I have sprinkled them instead of rubbing. The next step is to pan fry them in a little olive oil until there is a nice crisp "skin".

The last step is to eat them, and they are tasty.

Besides making my own mixes, I have used commercial steak seasoning and poultry seasoning, although with the steak seasoning you have to read ingredients to make sure there is no MSG added.

Posted in [Seitan](#) | [No Comments](#) »

[« Older Entries](#)

[Newer Entries »](#)

### • Pages

- [About](#)
- [Basic Preparation of Bulgar Wheat](#)
- [Basic preparation of Cream of Bulgar Wheat](#)
- [How to make bulgar.](#)
- [How to make seitan \(a/k/a gluten meat\)](#)

### • Categories

- [Breads](#)

- [Bulgar Recipes](#)
- [Convenience tips](#)
- [Cream of Bulgar Recipes](#)
- [Fun Foods](#)
- [Great Uses for Left-over Bulgar](#)
- [Meats](#)
- [Recipes](#)
- [Seitan](#)
- [Uncategorized](#)
- [Vegetable Recipes](#)

## • Blogroll

- [Blog Oklahoma](#)
- [BobWaldrop.net](#)
- [Compendium of Useful Information](#)
- [Concrete Buffalo](#)
- [Dove's Eye View](#)
- [Energy Conservation Info](#)
- [Oklavore](#)
- [Tricia the Red: Newbie Foodie](#)

## • Reciprocal Links

- [BlogNewsNetwork.org](#)

## • Sustainable and Frugal

- [Better Times Almanac 5th Edition](#)
- [Dove's Eye View](#)
- [Energy Conservation Information & Resources](#)
- [Sharon Astyk](#)
- [Think Global, Eat Laurel](#)
- [Tricia the Red: Newbie Foodie](#)

## • Archives

- [January 2010](#)
- [April 2009](#)
- [March 2009](#)
- [February 2009](#)
- [January 2009](#)
- [December 2008](#)
- [November 2008](#)
- [October 2008](#)
- [September 2008](#)

- [August 2008](#)
- [July 2008](#)
- [June 2008](#)
- [May 2008](#)

## • Meta

- [Log in](#)
- [Entries RSS](#)
- [Comments RSS](#)
- [WordPress.org](#)

---

The Bulgar Bugle is proudly powered by [WordPress](#)  
[Entries \(RSS\)](#) and [Comments \(RSS\)](#).