The Bulgar Bugle

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

What is Seitan?

June 4th, 2008

"Seitan" is a Japanese word for what we might call "gluten meat". Prairie Rose seitan is made from 100% whole wheat, from the certified organic farm of John and Kris Gosney here in Oklahoma. First I mix the flour with water to the consistency of bread dough. After letting it soak for a while in water, I "wash" it under running water so that the bran and the starch wash out, leaving behind only the wheat gluten.

I form it into loaves, and steam it for about 45 minutes. Voila, unflavored seitan!

When I first read the directions for making seitan, I thought, "this sounds crazy, the dough will just dissolve.' Well, as it turns out, not quite. It takes less than 10 minutes to wash one batch of seitan (about the equivalent of a batch of dough that makes 2 loaves). I put the dough in a colander, and then put a wire screen underneath that to catch the bran. As I wash the seitan, I break it into every smaller lumps, and the bran and starch wash away. After a few minutes, it seems like it will all fall apart, but then it comes back together and the seitan loaf takes shape.

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Tabouli

May 20th, 2008

2 cups cooked bulgar
1 medium-sized onion (or 4+ scallions) finely chopped
1/2 cup of parsley, finely chopped1/4 cup fresh chopped mint
1/4 cup olive oil
1/4 cup lemon juice
salt

Combine the bulgur, onion (or scallions), parsley and mint in a bowl. Sprinkle with oil, lemon juice and a little salt, and mix thoroughly. Taste and adjust the seasoning. Cover and chill in the refrigerator

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Linda's Cream of Bulgar Casserole

May 20th, 2008

5/8 cup of Cream of Bulgar Wheat
1 cup homemade beef stock
1 cup milk
1/2 teaspoon salt
1/4 - 1/2 teaspoon freshly ground black pepper
1/4 cup butter
5 ounces Mild Cheddar cheese
2 ounces store-bought Asiago cheese
1 egg, lightly beaten

Bring bulgar, broth, milk, salt and pepper to a boil; reduce heat to simmer and stir occasionally for 4 to 5 minutes or until thickened. Stir in butter and cheeses until they have melted. Quickly stir in beaten egg and pour misture into lightly buttered 1 quart baking dish. Bake at 350 degrees for 30-35 minutes or until golden brown and crusty on top and bubbly around the edges. Let stand 10 minutes before serving.

Bob Note: I have made this several times, using different kinds of cheeses, and they all work well with this recipe.

Posted in Cream of Bulgar Recipes | 1 Comment »

Bulgar Meatloaf

May 20th, 2008

1 lb locally grown ground meat

1 cup prepared bulgar

1/4 cup ketchup

1/4 cup finely minced onion

minced garlic (to taste)

1 teaspoon habanero sauce (optional, or a dash of cayenne and black pepper)

1 egg

Mix all ingredients except the ground meat, then add the ground meat. I generally feel there is no substitute for just using your hands to thoroughly mix the ingredients of a meat loaf. Don't use a mixer, this is reputed to make the resulting loaf "tough". Bake in a 350 degree oven for about 1 hour.

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Basic Cream of Bulgar Wheat

May 20th, 2008

My Cream of Bulgar Wheat product is the same product as Bulgar Wheat, only it is a finer grind. The basic "rule of thumb" for preparing it is one part Cream of bulgar to three parts liquid.

To make 1-1/2 cup of prepared product, put 1-1/2 cups water in a pan over a medium heat. Sprinkle ½ cup Cream of Bulgur on the water, add a dash of salt. Bring to a boil and reduce heat, simmer for 5-6 minutes until done, stir it slowly as it is cooking. Add some butter and milk, maybe some honey, maple syrup, or your favorite jam. You can add plumped raisins to the cooking water. You can also cook it in milk instead of water.

Think of this product like grits or Cream of Wheat. You can add. . . shredded cheese, chopped garlic, sauteed onion (for a side dish or main dish for lunch or dinner). . . or chopped fruit, plumped raisins, cinnamon, honey (for breakfast).

Posted in Cream of Bulgar Recipes | No Comments »

Bulgar Breakfast Porridge

May 20th, 2008

Place 1 part bulgar wheat and 3 parts water in a pot on the stove over medium heat. Bring to a boil, and then simmer until the water is absorbed, about 30 minutes. Add butter and milk or cream, and/or some maple syrup or honey or jam, and voila, breakfast porridge. You don't need to add much sweetener as bulgar wheat is naturally sweet. Other fun additions include chopped nuts, plumped raisins (add them when you start the bulgar cooking), and chopped fruit.

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Basic Bulgar Pilaf

May 20th, 2008

BASIC BULGAR PILAF2 cups uncooked bulgar

4 cups broth

1 chopped onion

minced garlic

chopped hot peppers if you like them

Optional: caraway seeds, shredded carrot, chopped celery.

This makes 6 cups.

Saute some aromatic vegetables such as onions, garlic and hot peppers. Chopped celery is also tasty, and shredded carrots add nutrition and color. A sprinkling of caraway seeds lends an interesting twist to the flavor.

When the onions are clear, add the bulgar wheat and saute for a couple of minutes, until the bulgar darkens slightly.

Add hot broth. Bring to a boil. Cover the pan and cook in a 350 degree oven for 45 minutes, or until the liquid is absorbed. Let it sit, covered for five minutes or so before serving.

You can cook this on a stove top. After boiling, instead of baking in the oven, reduce heat to a simmer and cook until the liquid is absorbed, this is about a half hour on the top of the stove.

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Recipes coming up!

May 19th, 2008

Over the next few days, I will be adding a variety of recipes to this site. They will be in folders in the Recipe folder, by main ingredient. Feel free to send me your favorite recipes using bulgar wheat, email me at bwaldrop@cox.net .

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Welcome to my New Food Blog

May 19th, 2008

Welcome to my new blog, the Bulgar Bugle, supporting the Sustainable, Just, and Frugal Kitchen. It also supports the new line of products I am developing in the "Prairie Rose Kitchen", which are available for sale through the Oklahoma Food Cooperative. Herein you will, eventually, find everything that I can find about bulgar and seitan (wheat gluten) and lots of info that will be useful for the sustainable, just, and frugal kitchen. Your comments and suggestions are most welcome!

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