



## Turkish Bulgur Pilaf with Almonds

E-327-00

Cereals, Rices and Pasta Products

Color Code: Green

Sodium: Low

Yield: 100 Portions

Each Portion:  $\frac{3}{4}$  cup (3- $\frac{3}{4}$  oz)

Pan Size and Number: 18 x 26-Inch Sheet Pan

Temperature: 350°F (177°C)

Time: 19 - 23 min.

### INGREDIENTS

Item	Measure	Weight	Approx issue
ONION, YELLOW, DICED $\frac{1}{4}$ -INCH	3- $\frac{1}{4}$ qt	3 lb 10 oz	4 lb 9 oz
OIL, OLIVE	$\frac{1}{2}$ cup	3- $\frac{3}{4}$ oz	
GARLIC, PREMINCED IN WATER	2- $\frac{1}{2}$ cup	15 oz	
ALMONDS, SLIVERED	2 qt	2 lb 2 oz	
BULGUR, MEDIUM GRIND, DRIED	1 gal	5 lb 15 oz	
WATER	3- $\frac{3}{4}$ gal	31 lb 3 oz	
PARSELY, ROUGHLY CHOPPED	2- $\frac{1}{2}$ cup	4- $\frac{3}{4}$ oz	6 oz
OIL, OLIVE	$\frac{1}{2}$ cup	3- $\frac{3}{4}$ oz	
SALT	$\frac{1}{4}$ cup	2- $\frac{1}{2}$ oz	
CUMIN, GROUND	$\frac{1}{2}$ cup	1- $\frac{3}{8}$ oz	
PAPRIKA, GROUND	3 tbsp	0.67 oz	
PEPPER, BLACK, GROUND	2 tbsp	0.43 oz	

### DIRECTIONS

1. Prepare all fruits and vegetables in accordance with guideline card A-G 31. Dice onions to a  $\frac{1}{4}$ -inch dice, roughly chop parsley.
2. Preheat griddle and oven to 350°F (177°C).
3. Heat olive oil (first measure) on preheated griddle. Cook onions for 6 to 7 minutes until golden brown. Add minced garlic and cook for an additional minute, until aromatic. Remove from griddle and Reserve for use in Step 6.
4. Place almonds on sheet pan in a single layer. In an oven, on convection mode, toast almonds at 350°F (177°C) for 8 to 10

minutes on low fan. Remove from sheet pan and reserve for use in Step 6.

5. In a large stock pot or steam jacketed kettle, bring water to a boil. Add bulgur to boiling water and cook for 5 to 6 minutes. CCP: Internal temperature must reach 135°F (57°C). Strain bulgur using a fine strainer.
6. In a large mixing bowl, combine cooked bulgur, cooked onions, toasted almonds, parsley, olive oil (second measure), salt, cumin, paprika and black pepper, until evenly combined. Serve immediately or CP: Hold for hot service at 135°F (57°F).

## RECIPE NOTES

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1. This recipe was developed using a Rationale Combi Oven set to convection mode. If using other models of combi oven or a convection oven, times may vary (using an older convection oven you may need to add a couple to few minutes to the cook time to achieve the desired end state for the recipe).
2. \* Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar combined.

## NUTRITION FACTS

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Calories	183
Carbohydrates	26 g
Sugars*	1 g
Protein	6 g
Fat	8 g
Saturated Fat	0.7 g
Sodium	287 mg
Calcium	58 mg
Fiber	5.1 g



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