



# Bulgur Wheat



Each 100g of cooked bulgur contains:

Calories	Sugar	Fat	Saturates	Salt
83Kcal	0g	0g	0g	0.01g
4.1%	0%	0%	0%	0.2%

of an adult's guideline amount

Bulgur is a quick-cooking form of whole wheat that has been cleaned, parboiled and dried into ground particles and later sifted into distinct sizes. Bulgur is rich in fibre, B-vitamins, iron, phosphorus and manganese. No chemicals or additives are used when processing bulgur wheat, making it a natural whole grain food.

Lamb Brand Bulgur Wheat is a versatile wheat product with a pleasant nutty flavour. Use it in pilafs, soups, baked goods, stuffing or casseroles. In recipes, it is similar to rice or couscous but with a higher nutritional value. Bulgur is a good substitute for meat and it is ideal for vegetarians and vegans. Use it as a side dish or for your main meal.

May / June 2014



## BULGUR AND POTATO KIBBE

Serves 4-6 Ready in 40 minutes

### You will need:

- Lamb Brand Bulgur Wheat 250g, cooked\*
- Lamb Brand Potato Mash 240g, 2 sachets\*
- Lamb Brand Walnuts 200g, chopped
- Lamb Brand Ground Cinnamon 1 tsp
- Lamb Brand Ground Nutmeg 1 tsp
- Minced Beef 250g
- Olive Oil 175ml
- Butter 100g
- Onions 3, finely chopped
- Garlic Cloves 2, chopped
- Fresh Parsley 1 tbsp, chopped
- Greek-style Yoghurt to serve
- Lemon Wedges to serve

\*prepared as per packet instructions.

### All you have to do:

Preheat oven to 200°C. Grease and line a 20 x 30cm baking tin. Place the prepared mash potato, cinnamon and parsley into a bowl and add the bulgur and 1 chopped onion and mix until well combined. Heat one tablespoon of the olive oil in a frying pan and fry the remaining chopped onions and garlic for 4-5 minutes, or until soft. Add beef and cook until brown, then add the walnuts and butter and cook for a further two minutes.

Spoon half of the potato mixture into the greased baking dish. Add a layer of the onion and walnut mix and then finish with the rest of the potato mixture on top. Score the mashed potato in a diamond pattern with the tip of a small, sharp knife. Pour over the remaining olive oil and bake for 20-25 minutes, or until crisp and golden-brown. Remove from the oven and sprinkle over the nutmeg. Serve with Greek-style yoghurt and a lemon wedge.



## CHICKEN & BULGUR PATTIES

Serves 6 Ready in 40 minutes

### You will need:

- Lamb Brand Bulgur Wheat 100g
- Lamb Brand Table Salt to taste
- Lamb Brand Ground Black Pepper to taste
- Minced Chicken 250g\*
- Chicken Stock 200ml
- Onion 1 small, finely chopped
- Carrot 1 large, finely grated
- Egg 1, beaten
- Fresh Parsley handful, finely chopped

\*You can substitute with your preferred meat or beans for a vegetarian option.

### All you have to do:

Place the bulgur wheat in a large bowl and pour over the hot stock. Set aside for 20 minutes until the bulgur is tender, the liquid has been absorbed and the mixture has cooled. Make sure the mixture is not too wet. If the liquid is not fully absorbed, push it through a sieve to drain off any excess stock.

Stir in the minced chicken, onion, carrot, egg and parsley, mixing until well blended. Season with salt and pepper. Shape into six sized burgers then grill or cook in a non-stick frying pan for 3-4 minutes on each side until nicely browned and cooked through, taking care not to break the burgers when turning them. Serve with bread buns, salad, tomato ketchup or sweet chilli sauce.



Visit [www.lambbrand.eu/recipes](http://www.lambbrand.eu/recipes) for more cooking ideas.



# Polenta

Polenta is made from ground cornmeal (maize), a dish that originated in northern Italy. Polenta has a smooth and creamy texture and can be consumed either plain or enriched with a varied selection of ingredients. Add a simple knob of butter, grated cheese, porcini mushrooms, beans or meat. Polenta can be served instant, grilled or fried after it has set.

Used in both savoury and sweet recipes polenta can be added to all types of food and served either hot or cold. Use Polenta as a main ingredient in pies or as a substitute for potatoes, have it grilled with some cheese as a snack or as a side during breakfast, lunch or dinner!

Each 100g of cooked polenta contains:

Calories	Sugar	Fat	Saturates	Salt
85Kcal	0.15g	0.38g	0.05g	0.24g
4.2%	0.2%	0.5%	0.3%	4%

of an adult's guideline amount



## POLENTA FRIES WITH SAGE

Serves 4-6 Ready in 45 minutes

### You will need:

- Lamb Brand Polenta** 200g
- Lamb Brand Plain Flour** to dust
- Lamb Brand Table Salt** to taste
- Lamb Brand Ground Black Pepper** to taste
- Milk** 500ml
- Chicken Stock** 500ml
- Pecorino Cheese** 40g, grated
- Fresh Sage** 2 tbsp, chopped
- Oil** 1ltr, for shallow-frying

### All you have to do:

Lightly grease a 20 x 30cm dish with oil and line with baking paper. Bring the milk and stock to the boil in a saucepan over medium heat. Gradually add the polenta in a thin, steady stream, stirring constantly, until well combined. Reduce heat to low and cook, stirring constantly, for 5-6 minutes or until the mixture is thick and the polenta is soft. Season with salt & pepper. Stir in the pecorino and sage. Pour the polenta into the prepared dish and smooth the surface. Set aside for 20 minutes to cool slightly and cover the surface with plastic wrap. Place in the fridge for 4 hours or overnight to set.

Turn the polenta onto a clean work surface. Using a sharp knife, cut the polenta into 2.5 x 9cm pieces. Add oil to pan to cover up around 3cm high. Place the pan over high heat. Dust the polenta pieces in flour, shaking off excess. Shallow-fry the polenta pieces, in 4 batches, for 3 minutes each side or until golden brown. Use a slotted spoon to transfer polenta pieces to a plate lined with paper towel to drain. You can serve these chips with your meals or as part of a platter during parties.



## POLENTA TART WITH SALAMI

Serves 4 Ready in 40 minutes

### You will need:

- Lamb Brand Polenta** 200g
- Lamb Brand Table Salt** to taste
- Lamb Brand Ground Black Pepper** to taste
- Mozzarella** 200g, grated
- Broccoli** 140g, cut in florets
- Sun Dried Tomatoes** 100g, chopped
- Parmesan Cheese** 50g, grated
- Salami Sausage** 1, split into bite-sized chunks
- Garlic Clove** 1, chopped

### All you have to do:

Heat oven to 170°C/190°C. Prepare the Polenta as per packet instructions. Stir in 1 tablespoon of the Parmesan, then spread the polenta out on a large parchment-lined baking sheet, so that it's 2-3cm thick. Cook the broccoli in salted water for 2 minutes, drain, and then rinse under cold water.

Sprinkle the remaining Parmesan over the polenta, then top with the sun dried tomatoes, garlic, broccoli and sausage. Sprinkle the mozzarella and bake for 20 minutes until browned and sides of polenta are crisp.



## LAMB BRAND FACEBOOK COMPETITION

Upload an **IMAGE** of your homemade dish using **POLENTA** or **BULGUR** together with the recipe on [www.fb.com/lambbrand](http://www.fb.com/lambbrand) and get the chance to win great gifts every week.