

Bulgur Rice Recipe

Ingredients:

- 1 cup Bulgur rice
- 2 cups water or vegetable broth
- Salt and pepper to taste
- 2 tablespoons olive oil

Instructions

- **Prepare the Bulgur Rice:** Start by rinsing the Bulgur rice under cold water in a fine-mesh sieve. This helps remove excess starch and ensures the grains remain separate while cooking.
- **Boil the Liquid:** In a saucepan, bring 2 cups of water or vegetable broth to a boil. You can add a pinch of salt at this stage to season the cooking liquid.
- **Add the Bulgur Rice:** Once the liquid is boiling, add the rinsed Bulgur rice to the saucepan.
- **Simmer:** Reduce the heat to low, cover the saucepan with a lid, and let the Bulgur rice simmer for approximately 15-20 minutes. Keep an eye on it to prevent boiling over.
- **Check for Doneness:** After the cooking time, remove the saucepan from heat. The Bulgur rice should have absorbed the liquid and become tender. If there's any excess liquid, drain it off.
- **Fluff and Season:** Use a fork to fluff the cooked Bulgur rice, separating the grains. Drizzle olive oil over the rice to add a Mediterranean touch, and season with salt and pepper to taste. You can adjust the seasoning according to your preference.
- **Serve:** Your homemade Bulgur Rice is ready to be served. It's a versatile dish that pairs well with a variety of Mediterranean-inspired ingredients, such as fresh herbs, grilled vegetables, or even a protein of your choice.
- **Enjoy:** Savor the comforting flavors and nutty texture of this wholesome grain. Whether as a side dish or the star of the meal, Bulgur Rice is a delightful addition to your culinary repertoire.