



sharing our Greek culinary heritage

Maria's Baked Bulghur

...so yummy and so satiating

You will need...

- 2 beef ribs, approximately 1kg
- 1 medium brown onion, diced
- ¼ cup extra virgin olive oil, EVOO
- 1 can diced tomatoes
- 2 tablespoons tomato paste
- 500ml water
- 3 teaspoons salt
- 2 teaspoons cracked black pepper
- Dried chillies, to taste
- 230g coarse burghul

Preparing the baked bulghur

- In a medium baking dish, add the beef, onions and the EVOO
- Sear and brown the fat on the beef ribs
- Add the diced tomatoes, tomato paste, water, salt, pepper and chillies
- Cover the baking dish with a lid or foil and bake in the oven for 1 hour at 180°C fan-forced
- After 1 hour remove the lid and pop back in the oven for 15-20 minutes
- Add the bulghur and immerse it in the saucy stock
- Return the baking dish to the oven and bake for a further 20 minutes

Serving the baked bulghur

- Serve with thick Greek yoghurt and a glass of red wine! Kali Oresi!

Key Points

- You can replace the beef ribs with lamb shoulder pieces or chicken marylands