



Eitch/Kissir

Rustic, tangy & delicious, this dish is very popular in Northern Syria and Southern Turkey (known as Kissir).

Nutrition Facts Per Serving: Calories 646, Protein 9g, Carbs 62g, Fat 40g

Cooking process and additional ingredients added at home will affect the total value.

Preparation Time: 40 min, **Cooking Time:** 0 min



INGREDIENTS

Bulgur	Extra Virgin Olive Oil
Molasses	Pomegranate Seeds
Lemon Juice	Tomato Paste
Spring Onions	Chili Paste, Dry Basil
Parsley, Mint Leaves	Lettuce

METHOD

1. Place bulgur in a large shallow dish, add Eitch Spice paste & hot water (85 ml for 2 persons, 170 ml for 4 persons and 255 ml for 6), stir well & knead by hand. Cover & leave on counter for 20 minutes.
2. If using lemon juice add 2 TBS, knead well & cover for 10 minutes.
3. Stir & knead again then add pomegranate molasses, & salt to taste, mix well.
4. Add oil & mix again to blend. Stand while preparing other ingredients.
5. Add all prepared ingredients to the bulgur mixture & toss to mix well.
6. Refrigerate until 15 minutes before serving.
7. Use a few lettuce leaves to line a large serving bowl, keep the rest on a side plate.
8. Taste the Eitch for lemon, salt & spiciness & adjust to taste (mix well after each addition)
9. Spoon the Eitch into the lined bowl, garnish as desired



BON APPETIT