

BORANI



Serves 4-6



15 minutes

Tijen - Digital Communications

Editor



Ingredients

- 1 cup of bulgur wheat
- 2/3 bunches of flat-leaf spinach chopped into rough ribbons
- Yoghurt (preferably home-made)
- Garlic
- Salt

Borani is a Persian word referring to mezes made with yoghurt. This Turkish version uses spinach which is packed with iron and other nutritious vitamins and bulgur wheat, a good source of slow-releasing carbohydrates.

Method:

1. Boil your bulgur wheat in water until almost cooked. The ratio of water to wheat is roughly 2:1 although you don't have to be strict as bulgur wheat soaks up extra water.
2. When the wheat is 2/3 cooked, add the chopped spinach leaves and some of the chopped stalks if you like. If you're adding stalks, add them slightly earlier than the leaves.
3. When everything is cooked, drain and rinse under cold water and leave to cool.
4. Once cooled, mix with yoghurt, water, salt and garlic to taste. The consistency should be like a soup rather than a thick, creamy dip. For extra refreshment, add ice cubes.