

Bulgur Salad with Pomegranates and Pine Nuts

This colorful salad is based on a great recipe in Claudia Roden's *The Book of Jewish Food*. Nutty, satisfying bulgur is dressed with a mixture that includes pomegranate molasses and "warm" spices. Then we finish it with pine nuts and pomegranate seeds. We like to serve this dish at Rosh Hashanah when it's traditional to eat pomegranates. The salad is a great accompaniment to grilled meat or fish. It's also a great excuse to find an authentic Middle Eastern grocery store and explore the scents within its aisles.

SERVES 6 TO 8

- ½ cup pine nuts
- 1½ cups medium-grain bulgur
- 3 cups boiling water
- ½ teaspoon kosher salt, plus more for seasoning
- 3 tablespoons pomegranate molasses
- 3 tablespoons tomato paste
- 2 teaspoons extra-virgin olive oil
- Juice of 1 lemon (about 2 tablespoons)
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- ½ teaspoon ground allspice
- ¼ teaspoon Aleppo or cayenne pepper
- Freshly ground black pepper
- ¾ cup chopped fresh flat-leaf parsley
- ½ cup fresh pomegranate seeds (see page 129)

In a medium skillet, toast the pine nuts over medium-low heat, watching carefully and stirring often, until golden, about 3 minutes. Transfer to a small bowl and set aside.

Place the bulgur in a large bowl and add the boiling water. Add the salt, stir once, and cover the bowl with a plate. Allow the bulgur to absorb the water, about 30 minutes (or follow the package directions). If any water remains after this time, drain it off.

In a small bowl, whisk together the pomegranate molasses, tomato paste, olive oil, lemon juice, cumin, coriander, allspice, and Aleppo pepper. Season with salt and black pepper.

Pour half of the dressing over the bulgur and mix well. Set aside to allow the bulgur to absorb the dressing, at least 10 minutes. Add the pine nuts, parsley, and pomegranate seeds to the bulgur and mix lightly. Add more dressing as desired. Adjust the seasoning and serve.

BULGUR

Particularly common in Middle Eastern cooking, bulgur is a whole-wheat grain that's been cracked and partially precooked. Besides being delicious, it's naturally high in fiber and low in fat. Bulgur is available as medium and coarse grain, as well as fine grain. Each has its own cooking time, so check packages before preparing the grain.

