

RECIPE

Turkish Lentil & Bulgur Soup Breadbowls

Total Time: 2 hrs

Serves: 4 Medium Sized Bowls

Ingredient List					
Bread Bowls			Turkish Lentil & Bulgur Soup		
✓	3.5 C 490 g	All Purpose Flour	✓	1 C 180 g or 3 Cans	Red (AKA Egyptian) Lentils
	1.5 C 338 g	Warm Water (~115°F)		1/3 C 55 g	Whole Wheat Bulgur** <i>Can be found at natural foods, Mediterranean, or Indian markets, or online</i>
	1 T 13 g	Sugar		6 C 1.35 kg	Stock, Broth, or Water
	1 T 15 g	Oil*		1 Large	Lemon
	0.5 T 5 g	RapidRise Yeast		1 Medium	Grated Carrot
	1 tsp 7 g	Salt		1 Small	Finely Chopped Onion
				2 Cloves	Finely Chopped Garlic
				3 T 45 g	Butter or Oil*
				2 T 85 g	Tomato Paste
				1 T 8 g	Sumac <i>Can be found at natural foods, Mediterranean, or Indian markets, or online</i>
				1 tsp 3 g	Paprika (Sweet preferred)
				1 tsp 3 g	Cumin
					Salt to taste
C = Cup T = Tablespoon tsp = Teaspoon g = Gram 1 C = 16 T 1 T = 3 tsp					
Allergens: Soy-Free*, Nut-Free*, Gluten-Free Option** **Omit Bulgur or substitute with TVP or other grain					

Recommended, but not required, Tools:

Kitchen Scale

Large Mixing Bowl

Electric Dough Mixer (ie Stand Mixer w/ Dough Hook, Hand Mixer w/ Dough Hooks, Bread Maker, etc)

Immersion Blender, Food Processor, or Blender

Lame, Razor Blade, or REALLY sharp knife

Fine Toothed Serrated Knife (ie Steak Knife)

Warming Mat (ie Seed Sprouting Mat) and Cooling Racks

Silicone Baking Sheet or Parchment Paper

Hand Grater or Grater Food Processor Attachment for Vegetables (ie Carrots)

Bread Bowls

These bread bowls are more like giant dinner rolls. With a hint of sweet and buttery, they're the perfect consistency for dipping to soak up soup while not compromising their bowls' structural integrity.

As with all baking, using weighted measurements is preferred and most accurate. However, if you don't have access to a scale, volume measurements are provided and will suffice.

This bread bowl recipe is very forgiving. If you'd like sweeter rolls, add more or a different type of sweetener. For more savory rolls, less sugar, more salt and substitute bread flour and olive oil. For a more nutritious meal substitute whole wheat flour.

Basting the rolls with oil will create a glossy, soft top crown. Misting them in the oven with water just before baking will create a rough, crunchy crust. Omitting a baste creates a soft powdery top.

While on tops, it's recommended you score the lid of the bowl. This allows the bowl to rise to its full potential. An 'X' pattern will do, but feel free to get creative. The only requirement here is you use a lame or other incredibly sharp object (ie razor blade). Anything less will just pull and deform the bread skin versus slashing it.

Procedure:

- 1) Measure SUGAR, then YEAST, then warm WATER and pour into a large mixing bowl (or stand mixer or bread machine) in that order. Give a quick and gentle stir, then let rest. In 5 mins it should be frothy, indicating the yeast have activated. If this is not the case, you'll need to replace your yeast as it has expired.
- 2) Measure FLOUR and SALT and pour into a large bowl in that order. Give a few stirs with a whisk or fork.

- 3) Measure OIL and pour into yeast mixture. Gently combine flour mixture into yeast/oil mixture and stir. Start with half the flour mixture, then add in halves the remaining flour, stirring and incorporating fully before each addition.
 - ♥ *There are quite a few factors that determine the total amount of flour added (ie temp, humidity, etc). Adding a little flour at a time to the wet mixture not only makes it easier to incorporate evenly, but also ensures the proper dry to wet ratio (hydration). The whole process should take appx 5 mins. The end result should be a thick, yet soft, and slightly sticky dough ball. If this consistency is reached before the final addition of the remaining flour mixture, instead pour this remaining flour onto your kneading surface to use as bench flour. Doing so will not disrupt the hydration ratio as much as adding unmeasured and unaccounted bench flour for kneading. If the dough's consistency is too sticky add more flour one tablespoon at a time.*
- 4) Knead the dough ball for appx 5 mins by hand, in a stand mixer, or in a bread machine on the dough mix setting. In an electric mixer it should begin pulling away from the sides of the container. By hand, it should feel firm, yet pliable.
- 5) Dump the dough ball into a well-oiled bowl and cover with a towel or plastic wrap. Allow to rise and double in size. On a warming mat or in an oven with an incandescent oven light bulb on it should take about 20 mins. Depending on ambient temperature on the kitchen countertop it should take 30 mins.
- 6) Once risen, dump the doughball onto your lightly floured kneading area. Punch down to evacuate most of the gasses, and cut into quarters.
- 7) Take your quarters and reform them into balls. Be sure to tuck the bottoms to create as much of a smooth sphere as possible.
 - ♥ *If only serving 2 bowls, store the remaining 2 balls in a plastic bag, container, or wrap and freeze. Will last up to 6 months. To use, simply thaw (proof) overnight in the fridge or for 2 hrs at room temperature on the countertop for a second rise using the following step.*
- 8) Place the balls at least 3" apart on a cookie sheet that has been oiled, or use a silicone baking sheet or parchment paper. Score the tops of the balls in an 'X' pattern using a lame, razor blade, or REALLY sharp knife. Cover lightly with plastic wrap and allow a second rise for 20 - 40 mins.
- 9) Preheat oven to 400°F.
- 10) Once the doughballs have risen to appx double their size, remove wrap, and place in the oven for 20 - 30 mins (less if using the convection oven setting). If desiring crunchy bowls, mist the balls with water in the oven just before closing the door. Loaves are ready when they golden on top and bottom.
- 11) Remove loaves and allow to completely cool (appx 15 mins).
 - ♥ *Elevated wire racks expedite this process.*
- 12) Using a sharp-pointed fine-toothed serrated knife (ie steak knife), cut into the loaves at a 45° angle, being careful not to puncture the bottoms of your bowls. Using a sawing motion, cut around the crown of the loaf maintaining that 45° angle while rotating the loaf as you go. With care, this step can be accomplished with a wider serrated bread knife.

- 13) Once the bowl's lid has been cut and removed, discard or slice the lid into halves or quarters and present them beside the bowl as edible dipping utensils. More of the inner bowl can be removed by finger pinching to maximize soup carrying capacity.
- 14) Finally, ladle soup into bowls filling completely to the top. Garnish with a sprig, herb leaves (ie Parsley), a citrus wedge, whatever.
- 15) Serve and enjoy!

Turkish Lentil & Bulgur Soup

Legumes are a nutritious and prehistoric staple of diets around the world. They're an inexpensive source of proteins, vitamins, minerals, complex carbohydrates, and fiber. Inside these legumes are pulses that include: Beans, Peas, and Lentils. When paired with a whole grain (ie Wheat), they form a complete protein source (all essential amino acids present).

So many types of lentils exist. In this recipe we use red (aka Egyptian) lentils. They're inexpensive, accessible, highly nutritious, and easy to prepare. They're mostly sold with their seed coating removed making them cook down fast and easy. Brown, green, black, and yellow lentils are also common and fairly interchangeable. In fact brown and green are often confused. Brown lentils are softer and mash down easier. Green are more hearty and stand up to heat. Some green lentils, like French Puy, are prized for their thick seed coat allowing them to retain their form when exposed to prolonged cook times.

In this recipe we also utilize Bulgur. Bulgur is a cereal made from the cracked, partially-boiled grouts (grain) of wheat, most often Durum Wheat. With its tender texture and light nutty flavor it's often used for nutrition amendment and as a thickener. If you've ever had tabbouleh salad you've tried bulgur in all its glory. To make this soup gluten-free simply omit the bulgur, or substitute with TVP or another grain.

Procedure:

1. Heat butter or OIL in a large pot (or Instapot) and saute ONIONS and GARLIC over low heat for 5 mins.
2. Once the onions become translucent, stir in PAPRIKA, CUMIN, TOMATO PASTE, and CARROTS. Cover and cook for another 5 mins on low.
3. Rinse LENTILS, removing any debris, and add to the pot. Do NOT rinse lentils ahead of time or they will clump together and become unruly. Stir everything together ensuring the tomato paste and spices are combined.
4. Add the water/STOCK and cook covered for 20 mins on low.
 ♡ *Every stove's different. It may be you need a medium-low heat to produce a simmer. If your pot's lid is active or boiling over the temperature's too high. If this is the case, be sure to stir thoroughly after lowering the temperature and before returning the lid to cover.*
5. Once the lentils are cooked, stir thoroughly and use an immersion hand blender to puree the soup to a smooth consistency. How much depends on your preference and/or your

lentil selection. For this recipe we like about 50% blended / 50% whole. With an immersion blender this is several pulses on the low setting. Keep in mind red lentils fall apart easier than most others when cooked so over blending is not necessary. If using a food processor or blender, ladle appx 50% in and pulse briefly until creamy. Return puree to pot. If no blenders are available, simple leave as is and enjoy a hearty soup.

6. Add the BULGAR and simmer for 5 mins (10 mins if heartier soup is desired or you accidentally over-purred the lentils).
7. Once the soup has thickened with the bulgur, add the SUMAC and stir to incorporate.
8. Ladle into bowls, serving with a squeeze of LEMON or a lemon wedge garnish.
9. Enjoy!