TRADITIONAL PRODUCTION OF BULGUR

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Bulgur is a cleaned, precooked, dried, dehulled and grinded wheat product.

It has been consumed by various cultures in different regions, especially in Middle East and Turkey, as an important processed food since ancient times.

Besides technological methods, traditional principles are still used in the production of bulgur.
The average annual consumption of bulgur is ~ 12 kg per person.

Bulgur production rate is more than 1 million ton in a year.
Bulgur is an important food product with its high nutritional value and long shelf life with resistance to insects and microorganisms.

- It is an economic food source.
- It is easily prepared for consumption.
- High dietary fiber content
- Low fat content
- A good source of folic acid, compared to other wheat products
- Resistant to radiation
- Processing decreases the available phytic acid content
- B vitamins, minerals and unsaturated fatty acids are other nutrients of bulgur

Due to these properties, wheat processing into bulgur has gained considerable importance in the food industry with increasing consumption overall the world.

Bulgur is a natural food since no chemicals or additives are used in processing the product.
TRADITIONAL PRODUCTION OF BULGUR

- Cleaning
- Washing
- Cooking
- Drying
- Sorting
- Dehulling
- Grinding
Cleaning

- Cleaning is the first step in which any external materials are removed from the kernels.

**Dry Cleaning**
Cleaning

- After the harvest of wheat, it is cleaned from the compounds apart from wheat such as stalk, straw, clod, some other cereal grains, pieces of broken rocks, broken kernels, damaged seed etc.
Cleaning
Cleaning
Washing

- In the traditional production of bulgur, the aim of the washing step is removing the dust or clod particles.
Washing
Cooking

- Cleaned and washed wheat kernels are cooked over wood fire in a cauldron.
Water is added during the cooking of wheat kernels.
- Cooked wheat

- Many of the naturally occurring nutrients are allowed to permeate into the kernel during cooking step
- Increased digestibility
- Biological value of the proteins is higher in bulgur than in wheat
Bulgur is traditionally sun-dried in open air.
Sorting
Dehulling
The bran of the wheat is dehulled by wooden hammers in stone mortars, called dibek.
Dehulling
Dehulling
Grinding
Bulgur is stored in a cool and dry place.
BULGUR
As a result, ....

- Since bulgur is an important and healthy processed food, evaluation of production methods to develop new technologies is an important tool in the food industry. But, we should also keep it as a traditional food by providing continuation of the traditional principles.


