

A FLAVOUR OF IRAQ TO ENJOY

A DISH TO SAVOUR AND SHARE

Tahnae Goldsworthy

MACQUARIE Fields woman Khattoun Shamoun still remembers the large pots of burghul the community shared in Mosul City, Iraq.

Her neighbours would gather the wheat product, parboil it, dry it and separate the grains to use in a number of dishes.

The cracked wheat can be used in the making of tabbouleh, in salad or as an alternative to rice and couscous.

Mrs Shamoun said burghul is similar in appearance to rice, with a light brown colour, but more like couscous in taste.

"It's the main dish in my city," she said.

"It's quite common. It's not an everyday dish for us but the family always enjoys it."

Mrs Shamoun said her husband Lutf Gibril and their two children enjoy burghul with chicken and vegetables as a lunch option because that's when they have their main meal of the day. It's a versatile ingredient in any



dish that can be teamed well with any meat and salad.

Usually a bowl of yoghurt mixed with mint, garlic, olive oil and lemon accompanies burghul as a side dish on the table.

"Since I was a little girl my mother always cooked it," she said. "We used to share it with all the community. It would be collected in very, very big pots."

Mrs Shamoun has lived in Australia for 16 years now with her family and while burghul isn't shared between neighbours like it used to be, it's still a family favourite in her household.

Mrs Shamoun is involved in the Macarthur Diversity Service Initiative Family settlement project, which supports refugees and migrant families in Australia.

For more information phone Fatim on 4627 1188.



Macquarie Fields resident Khattoun Shamoun enjoys creating her Iraqi-style cracked wheat dish burghul and (above) the completed burghul dish. Pictures: ROBERT POZO



BURGHUL WITH CHICKEN AND VEGETABLES

INGREDIENTS

- two cups of burghul
- one cup of fried noodles
- four big onions, peeled and chopped
- one cup oil
- tablespoon of curry
- one teaspoon salt
- one teaspoon chicken stock powder
- one teaspoon vegetable stock powder
- 250g mushroom
- six pieces cauliflower
- six pieces of broccoli
- two carrots sliced
- 1kg chicken pieces
- serves 6

METHOD

1. Boil the chicken in a big pot with chicken stock.
2. Prepare the vegetables and fry them with a little curry and chicken stock powder in a pan. Put them aside.
3. Take another big pot and fry onion with some curry, the burghul and fried noodles and add the chicken stock from the other big pot to the mix. If there is not enough stock, add three cups of water. Leave for 45 minutes.
4. Add the vegetables into the big pot with the burghul and chicken and leave for 10 minutes.