



INGREDIENTS

- 1 cup low-fat (1%) milk, plus more for serving
- 1/2 cup medium-grind bulgur
- 1/4 cup raisins
- 1/4 teaspoon salt
- 1 to 2 tablespoons brown sugar
- sliced fresh strawberries, for serving (optional)

DIRECTIONS

1. STEP 1

In a medium saucepan, combine milk, bulgur, raisins, salt, and 1 cup water; bring to a boil. Reduce heat to medium, and simmer, stirring occasionally, until bulgur is tender and mixture is the consistency of oatmeal, 10 to 15 minutes.

2. STEP 2

Divide between two bowls; sprinkle with brown sugar. Serve porridge warm with strawberries, if using, and milk to taste.

SOURCE

Everyday Food, April 2007, Techniques from Martha Stewart