



Fisher

ala

**BULGUR
WHEAT**



Before man learned to grind wheat into flour, he parboiled it in open kettles and spread it in the sun to dry. The result was bulgur wheat—nutritious staple of the Near-East diet. Fisher's ALA is bulgur wheat, rediscovered and modernized. In pilaf, salad or stuffing, ALA is the perfect accompaniment for meats and poultry. It has gourmet goodness, yet is priced for everyday enjoyment. Get acquainted with ALA, the most wonderful thing that ever happened to wheat. For additional recipes write to Fisher's ALA, Box 3784, Seattle, Wash. 98124.

ALA PILAF

(Pictured on front)

- 1 cup Fisher's ALA, uncooked
- 2 tablespoons butter or margarine
- 1 tablespoon minced onion
- 2 cups chicken broth or bouillon
- 1/4 teaspoon oregano
- 1/2 teaspoon salt
- Few grains pepper

Melt butter in skillet. Add ALA and onion. Stir and cook till golden. Add broth and seasonings. Cover and bring to boil. Reduce heat and simmer 15 minutes. Serve with chicken, lamb, pork or other meat. Ala Pilaf is unique, somewhat like rice, with nut-like flavor and chewy texture. Makes 4 servings.

ALA STUFFING

Use above recipe for ALA Pilaf increasing onion to 1/4 cup and adding 1/2 cup chopped celery and 1/4 teaspoon sage. Cool before using to stuff poultry or meat.

Package Contains 2²/₃ Cups

A Quality Product from the Fisher Family