We all share the same table.
Duru Bulgur is one of the leading food companies in Turkey and has its headquarters located in

KARAMAN, TURKEY.

Founded by Ziya Duru in;

1935

Since then, Duru Bulgur has continued to supply the same high quality products to its valuable customers around the world.

Duru Bulgur produces or processes the following products;

BULGUR, LENTILS, RICE, POPCORN, BULGUR MIXES, CHIA, BOILED PULSES
Duru Bulgur has:

- **380** employees,
- **6** distribution warehouses in Turkey,
- **3** production plants with total bulgur production capacity of **300 Mt.**

The company has a global distribution network of over **55** distributors and currently exports to countries including all EU countries, the USA, Japan, China, Middle East, Africa and Australia.
STONE MILLED
ALL NATURAL
BULGUR: 4000 YEARS OLD MIRACLE FOOD FROM MESOPOTAMIA

Bulgur’s taste and ability to be served as a main dish, resulted in becoming the favorite food of many rulers and civilizations. Moreover, because it was filling and energizing. History has shown that gladiators were served bulgur as breakfast.
A Miracle spouting from a grain of wheat

Around 12,000 years ago, on the fertile and mineral-rich lands which lie between Middle East’s two most prominent rivers, the Tigris and the Euphrates, mankind started the agricultural revolution by planting the first seed that led to modern and settled life. That seed was wheat.

Wheat and humanity contributed to each other’s progress and domestication. The history of wheat and mankind moved forward hand to hand influencing each other. Sumerian Goddesses used “wheat” in their mythology and in their names. In 2800 BC, Chinese Emperor Shen Nung even declared wheat as one of the five holy grains.

**Bulgur revolution**

Initially used to make bread, wheat showed its true miracle around 4,000 years ago. Bulgur, the most valuable ingredient of healthy meals, was discovered!

Bulgur, which was first boiled then ground in a mortar after drying, played an important role in the formation and diversification of the Mesopotamian cuisine. It became a staple for those who carried out labor intensive tasks due to its healthy, nutrition rich qualities.

What makes Duru Bulgur one of the healthiest and most natural food items is it’s production.

Today, in order to achieve high capacity many producers choose to use cylindrical cutting machines to produce bulgur.

However, Duru Bulgur has been using traditional stone mills in its modern plants since 1935. Duru Bulgur continues to honor this 4,000 year old tradition of bulgur; and has the pleasure to serve high quality, natural bulgur.
NATURALLY HEALTHY

Among the products made from the hard durum wheat such as pasta and couscous, bulgur is the one whose nutritional value is so close to the whole wheat. In addition with its fiber content and B vitamins; it is a strong substitute to rice.

**LOWER GI (GLYCEMIC INDEX) THAN RICE**

Compared to Rice, Bulgur has lower glycemic index. Bulgur is a source of complex carbohydrate. Unlike to simple carbohydrate, bulgur increases blood glucose level quite slowly. For this reason body index, secretes less insulin, stores less fat and weight loss is easier. GI diet might also protect from the development of obesity, colon cancer and breast cancer.

---

### Nutrition Units

<table>
<thead>
<tr>
<th></th>
<th>Coarse Bulgur</th>
<th>Rice</th>
<th>Pasta</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy (kcal/100g)</td>
<td>338</td>
<td>329</td>
<td>338</td>
</tr>
<tr>
<td>Carbohydrate (g/100g)</td>
<td>70.2</td>
<td>74</td>
<td>71.4</td>
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<tr>
<td>Protein (g/100g)</td>
<td>12.2</td>
<td>6.7</td>
<td>10</td>
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<tr>
<td>Fat (g/100g)</td>
<td>0.86</td>
<td>0.70</td>
<td>1.40</td>
</tr>
<tr>
<td>Pulp (fiber) (g/100g)</td>
<td>8.2</td>
<td>3</td>
<td>5.2</td>
</tr>
<tr>
<td>Potassium (mg/100g)</td>
<td>328.5</td>
<td>96.7</td>
<td>192.6</td>
</tr>
<tr>
<td>Calcium (mg/100g)</td>
<td>14.8</td>
<td>3.7</td>
<td>12.2</td>
</tr>
<tr>
<td>Phosphorus (mg/100g)</td>
<td>226</td>
<td>99</td>
<td>121</td>
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<tr>
<td>Iron (mg/100g)</td>
<td>1.30</td>
<td>0.60</td>
<td>1.60</td>
</tr>
<tr>
<td>B1 Vitamin (mg/100g)</td>
<td>0.31</td>
<td>0.10</td>
<td>0.30</td>
</tr>
<tr>
<td>B2 Vitamin (mg/100g)</td>
<td>0.07</td>
<td>0.02</td>
<td>0.04</td>
</tr>
<tr>
<td>Cholesterol (mg/100g)</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

**B.02.1.TBT.5.01.08.00-181.06.03-1073/3779 (Analysis by TUBITAK)**

Combinations of Nutrients Turkey Dieticians Association Publication 1 (Ankara, 1991)
IT IS RICH IN B1 AND FOLIC ACID

Bulgur is containing more B1 than rice, is very rich in potassium which is crucial for a healthy heart. Only one portion of bulgur is sufficient for the 15% of your daily potassium need. Folic acid is very important in infant mental development and should be consumed regularly during pregnancy. It is one of the B group vitamins bulgur contain.

HIGHER FIBER THAN PASTA!

Compared to pasta; bulgur has higher fiber. When you consume bulgur, you feel satiated for a longer time.

20 MIN TO HAVE DELICIOUS PILAFS!

Below you can see how to cook bulgur. You can use butter, olive oil or vegetable oil as you wish and you can add different ingredients such as boiled chickpea, corn, vegetables, spices to enrich your meal.

EASY TO COOK!

Cooking coarse bulgur is very easy. Most important thing is to have two cups of hot water per one cup of bulgur.

TO COOK DELICIOUS PILAF

USE 2 CUPS OF BOILING WATER PER 1 CUP OF BULGUR
Please don’t wash bulgur before cooking.

1. Add 1 tbsp. of olive oil (7g) and 1 tsp. of butter (10g) into a cooking pot.

2. Add 1 cup bulgur (160g).

3. Sauté for several minutes.

4. Slowly pour and stir 2 cups boiled water. Add 1 teaspoon salt (3.5g).

5. Cook over low heat for 15 minutes.

6. Cover and let stand for 5 minutes.
PLAIN BULGUR PILAF

Ingredients:
2 tbsp. olive oil
2 cups Extra Extra Coarse Bulgur
1 tbsp. butter
4 cups chicken stock
1/2 tsp. salt

Preparation:
Place olive oil in a saucepan, add bulgur. Roast for 1 minute and add butter. Add salt and chicken stock. Cook on low heat for 15 minutes until water has been absorbed. Set aside to rest for 10 minutes before serving.

Suggestions for serving:
Plain yoghurt
Cucumber
Mint
Mix finely chopped mint and cucumber with plain yoghurt, and serve near pilaf. Bon Appetite!
TABBOULEH SALAD

Ingredients:
1 cup Duru Fine Bulgur
2 cups boiling water (for softening bulgur)
4 pcs cherry tomato, diced
3-4 pcs spring onion (chopped)
¼ bunch fresh parsley (chopped)
Juice of ½ lemon
2 tbsp. fresh mint (chopped)
1 ½ tbsp. olive oil
salt, black pepper

For Serving:
Lettuce leaves, lemon.

Preparation:
Add water, salt and black pepper to bulgur in a salad bowl. Leave until water is absorbed. Place tomatoes, spring onion, parsley, lemon juice, mint, olive oil into a big salad bowl. Add softened bulgur, and mix well. Divide salad to 4 plates, add sliced lemon and lettuce leaves, and serve. Bon Appetite!
# Sizes of Bulgur

<table>
<thead>
<tr>
<th>Size</th>
<th>Description</th>
<th>Meals</th>
<th>Type of Meals the Product can be used in</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Extra Extra Coarse</strong></td>
<td>At most 10% of grains are smaller than 2.8mm</td>
<td>Extra extra coarse bulgur is a whole grain type of bulgur which looks like whole wheat, while also being delicious and more nutritious. It is a special bulgur type produced by Duru with its popularity increasing every day.</td>
<td>Soups, Pilafs, Stuffing, Salads, Rolls</td>
</tr>
<tr>
<td><strong>Extra Coarse</strong></td>
<td>At least 80% of grains are larger than 3mm</td>
<td>Extra coarse bulgur, which is bigger than coarse bulgur, looks like a half of a wheat grain. This bulgur can be used in soups and stuffing as a substitute to rice.</td>
<td>Soups, Pilafs, Salads, Desserts</td>
</tr>
<tr>
<td><strong>Coarse</strong></td>
<td>Grain size is between 2.0 and 2.8mm</td>
<td>Coarse bulgur is the most common and famous type of bulgur both in the World and Turkey. The grain size of coarse bulgur is form 2.0 to 2.8 mm and it is the 3# size of the Duru Bulgur.</td>
<td>Soups, Meat Meals, Stuffing, Vegetable Meals, Dessert</td>
</tr>
<tr>
<td><strong>Medium</strong></td>
<td>Grain size is between 1.6 and 2.5mm</td>
<td>Medium coarse bulgur is 4# of yellow bulgur in size which is smaller than coarse bulgur but bigger than fine bulgur. This kind is mainly used in soups in Turkey. However in Europe it is used in classic green salad to add a soft texture.</td>
<td>Meat Meals, Vegetable Meals, Salads</td>
</tr>
<tr>
<td><strong>Fine</strong></td>
<td>Grain size is between 0.5 and 2.5mm</td>
<td>Fine bulgur is a popular kind of bulgur in the World which is used in meatballs and salads like &quot;tabbouleh&quot;, is popular all over the World. Fine bulgur is the 5# of yellow bulgurs in size.</td>
<td>Soups, Meat Meals, Vegetable Meals, Salads, Desserts, Breads, Baby Food</td>
</tr>
<tr>
<td><strong>Extra Fine</strong></td>
<td>Grain size is between 0.5 and 1.6mm</td>
<td>Extra fine bulgur is smaller in size than fine bulgur. Since it is smaller in size, it is more preferable for meatballs where bulgur is kneaded. Extra Fine can be mixed with fine bulgur to be used in salads. It is the smallest size of yellow bulgurs.</td>
<td>Soups, Meatballs, Desserts, Breads</td>
</tr>
</tbody>
</table>
Extra Extra Coarse Bulgur

- Packing Size: 500g
- Packing Type: Squarebottom
- Pcs in a Box: 12
- Boxes in 1 Pallet: 150
- Shelf Life: 24 Months
- Product Code: 108-7
- Barcode of Pack.: 8691440305606
- Languages on the Label: TR-EN-DE-FR-NL

Extra Extra Coarse Bulgur

- Packing Size: 1000g
- Packing Type: Pillow
- Pcs in a Box: 12
- Boxes in 1 Pallet: 80
- Shelf Life: 24 Months
- Product Code: 108
- Barcode of Pack.: 8691440601005
- Languages on the Label: TR-EN-DE-FR-NL

Extra Extra Coarse Bulgur

- Packing Size: 5000g
- Packing Type: Pillow
- Pcs in a Box: 4
- Boxes in 1 Pallet: 50
- Shelf Life: 24 Months
- Product Code: 118-2
- Barcode of Pack.: 8691440305798
- Languages on the Label: TR-EN-DE-FR-NL

Extra Extra Coarse Bulgur

- Packing Size: 25kg
- Packing Type: Bulk
- Pcs in a Box: 1
- Bags in Pallet: 200
- Shelf Life: 24 Months
- Product Code: 138
- Barcode of Pack.: 8691440307334
- Languages on the Label: TR-EN-DE-FR-NL

Extra Extra Coarse Bulgur

- Packing Size: 2500g
- Packing Type: Pillow
- Pcs in a Box: 12
- Boxes in 1 Pallet: 80
- Shelf Life: 24 Months
- Product Code: 104
- Barcode of Pack.: 8691440401001
- Languages on the Label: TR-EN-DE-FR-NL

Extra Extra Coarse Bulgur

- Packing Size: 10kg
- Packing Type: Bulk
- Pcs in a Box: 1
- Bags in Pallet: 100
- Shelf Life: 24 Months
- Product Code: 128
- Barcode of Pack.: 8691440309600
- Languages on the Label: TR-EN-DE-FR-NL

Extra Extra Coarse Bulgur

- Packing Size: 2500g
- Packing Type: Pillow
- Pcs in a Box: 12
- Boxes in 1 Pallet: 80
- Shelf Life: 24 Months
- Product Code: 104
- Barcode of Pack.: 8691440401001
- Languages on the Label: TR-EN-DE-FR-NL

Extra Coarse Bulgur

- Packing Size: 2500g
- Packing Type: Pillow
- Pcs in a Box: 12
- Boxes in 1 Pallet: 80
- Shelf Life: 24 Months
- Product Code: 104
- Barcode of Pack.: 8691440401001
- Languages on the Label: TR-EN-DE-FR-NL

Extra Coarse Bulgur

- Packing Size: 10kg
- Packing Type: Bulk
- Pcs in a Box: 1
- Bags in Pallet: 100
- Shelf Life: 24 Months
- Product Code: 128
- Barcode of Pack.: 8691440309600
- Languages on the Label: TR-EN-DE-FR-NL

Extra Coarse Bulgur

- Packing Size: 2500g
- Packing Type: Pillow
- Pcs in a Box: 12
- Boxes in 1 Pallet: 80
- Shelf Life: 24 Months
- Product Code: 104
- Barcode of Pack.: 8691440401001
- Languages on the Label: TR-EN-DE-FR-NL

Extra Coarse Bulgur

- Packing Size: 25kg
- Packing Type: Bulk
- Pcs in a Box: 1
- Bags in Pallet: 100
- Shelf Life: 24 Months
- Product Code: 138
- Barcode of Pack.: 8691440307334
- Languages on the Label: TR-EN-DE-FR-NL

Extra Coarse Bulgur

- Packing Size: 2500g
- Packing Type: Pillow
- Pcs in a Box: 12
- Boxes in 1 Pallet: 80
- Shelf Life: 24 Months
- Product Code: 104
- Barcode of Pack.: 8691440401001
- Languages on the Label: TR-EN-DE-FR-NL

Extra Coarse Bulgur

- Packing Size: 25kg
- Packing Type: Bulk
- Pcs in a Box: 1
- Bags in Pallet: 100
- Shelf Life: 24 Months
- Product Code: 138
- Barcode of Pack.: 8691440307334
- Languages on the Label: TR-EN-DE-FR-NL
**Fine Bulgur**
- Packing Size: 5000g
- Packing Type: Bulk
- Pcs in a Box: 112
- Bags in 1 Pallet: 200
- Shelf Life: 24 Months
- Product Code: 112
- Barcode of Pack: 86914400500025
- Languages on the Label: TR-EN-DE-FR-NL

**Extra Fine Bulgur**
- Packing Size: 10kg
- Packing Type: Bulk
- Pcs in a Box: 12
- Bags in 1 Pallet: 80
- Shelf Life: 24 Months
- Product Code: 113
- Barcode of Pack: 86914401000065
- Languages on the Label: TR-EN-DE-FR-NL

**Extra Fine Bulgur**
- Packing Size: 25kg
- Packing Type: Bulk
- Pcs in a Box: 4
- Bags in 1 Pallet: 50
- Shelf Life: 24 Months
- Product Code: 133
- Barcode of Pack: 69144030001004
- Languages on the Label: TR-EN-DE-FR-NL

**Extra Fine Bulgur**
- Packing Size: 5000g
- Packing Type: Bulk
- Pcs in a Box: 113
- Bags in 1 Pallet: 200
- Shelf Life: 24 Months
- Product Code: 132
- Barcode of Pack: 86914401000002
- Languages on the Label: TR-EN-DE-FR-NL
Wholegrain Coarse Bulgur
Packing Size: 1000g
Packing Type: Pillow
Pcs in a Box: 12
Bags in 1 Pallet: 80
Shelf Life: 24 Months
Product Code: 151K
Barcode of Pack.: 691440305132
Languages on the Label: TR-EN-DE-FR-NL

Wholegrain Fine Bulgur
Packing Size: 1000g
Packing Type: Bulk
Pcs in a Box: 12
Bags in 1 Pallet: 80
Shelf Life: 24 Months
Product Code: 102K
Barcode of Pack.: 8691440305149
Languages on the Label: TR-EN-DE-FR-NL

Wholegrain Coarse Bulgur
Packing Size: 25kg
Packing Type: Bulk
Pcs in a Box: 12
Bags in 1 Pallet: 80
Shelf Life: 24 Months
Product Code: 131K
Barcode of Pack.: 8691440305477
Languages on the Label: TR-EN-DE-FR-NL

Wholegrain Fine Bulgur
Packing Size: 25kg
Packing Type: Bulk
Pcs in a Box: 6
Bags in 1 Pallet: 64
Shelf Life: 24 Months
Product Code: 135
Barcode of Pack.: 8691440305514
Languages on the Label: TR-EN-DE-FR-NL

Brown Coarse Bulgur
Packing Size: 1000g
Packing Type: Pillow
Pcs in a Box: 12
Bags in 1 Pallet: 40
Shelf Life: 24 Months
Product Code: 101K
Barcode of Pack.: 8691440305477
Languages on the Label: TR-EN-DE-FR-NL

Brown Coarse Bulgur
Packing Size: 2500g
Packing Type: Pillow
Pcs in a Box: 6
Bags in 1 Pallet: 64
Shelf Life: 24 Months
Product Code: 115-3
Barcode of Pack.: 8691440776383
Languages on the Label: TR-EN-DE-FR-NL

Brown Coarse Bulgur
Packing Size: 5000g
Packing Type: Bulk
Pcs in a Box: 6
Bags in 1 Pallet: 200
Shelf Life: 24 Months
Product Code: 115
Barcode of Pack.: 8691440305064
Languages on the Label: TR-EN-DE-FR-NL

Brown Fine Bulgur
Packing Size: 1000g
Packing Type: Pillow
Pcs in a Box: 12
Bags in 1 Pallet: 80
Shelf Life: 24 Months
Product Code: 109
Barcode of Pack.: 8691440503002
Languages on the Label: TR-EN-DE-FR-NL

Brown Fine Bulgur
Packing Size: 25kg
Packing Type: Bulk
Pcs in a Box: 6
Bags in 1 Pallet: 64
Shelf Life: 24 Months
Product Code: 115
Barcode of Pack.: 8691440305514
Languages on the Label: TR-EN-DE-FR-NL
UNIQUE ANATOLIAN FLAVOUR IN EVERY GRAIN
TURKISH RED LENTILS
THICK & TASTY

TURKISH RED LENTILS HAVE A SUPERIOR QUALITY COMPARED TO LENTILS OF OTHER ORIGIN WITH ITS THICKER CONSISTENCY IN THE SOUPS AND THE UNIQUE FLAVOR IN THE MEALS.

Anatolian sun and the fertile soil of the Southwestern Anatolia region are two natural source for the quality red lentils.
HOW TO TELL THE DIFFERENCE BETWEEN TURKISH RED LENTILS AND OTHER LENTILS

1. Color of Turkish lentils is dark while color of other lentils is much lighter.
2. Turkish lentils are rounder while other lentils are flatter.
3. You can cook 10 bowls of lentil soup with 360g of Turkish lentils. However, you can have only 7.5 bowls of lentil soup of the same consistency with 360g of other lentils.
4. After cooked, the lentil soup with Turkish lentil is bright yellow while the soup with other lentils are greenish.
5. Soup with Turkish lentil has a thicker consistency while the soup with other origin has a looser consistency noting that same amount of lentil is used to cook.
6. Cooking period of Turkish lentils are shorter compared to other originated lentils.
7. To have a thicker consistency in the soup with other originated lentils, it is recommended to add potatoes or roast. However, you can have the same level of texture without adding any ingredient with the Turkish lentils.
BULGUR PILAF WITH CHICKPEAS AND LENTILS

Preparation Time: 10 minutes  
Cooking Time: 25 minutes / Servings: 4

Ingredients:
- 1 tsp. olive oil
- 2 tsp. unsalted butter
- 1 small onion, finely chopped
- 1/4 red bell pepper, finely chopped
- 1 tbsp. red pepper paste
- 1 cup extra coarse bulgur
- 1/3 cup cooked chickpeas
- 1/2 cup cooked green lentils
- 1 tsp. salt
- 1 tsp. red pepper flakes
- 1 tsp. black pepper
- 2 cups boiling water

Preparation
Heat the oil and butter in a medium saucepan over medium heat. Add the onion and cook until lightly golden, about 5 minutes. Add the bell pepper and cook 1 minute. Add the red pepper paste and bulgur. Cook, stirring frequently, for another minute. Add the cooked chickpeas and lentils and season with salt, red pepper flakes, and black pepper. Stir to mix.

Pour in the boiling water, cover, and cook over low heat until the bulgur is fluffy and the liquid is absorbed, about 15 minutes. Remove from the heat and set aside to rest for 20 minutes before serving. Bon Appetite!
LENTIL BALLS

Ingredients:
1 cup Duru Red Split Lentils
4 cups water
2 cups Duru Fine Bulgur
2 tsp. salt
1 tsp. red pepper flakes
1 tbsp. dried mint
1 tsp. cumin
4 pcs spring onion
1 bunch parsley
2 pcs medium sized onions
2/3 cup olive oil
2 tbsp. tomato paste
1 tsp. pepper paste

Preparation:
Boil lentils until soft after washing. In a big salad bowl mix bulgur, salt, black pepper, mint and cumin. Add boiled lentils to bulgur, mix well, cover and leave to rest for 15 minutes. Cook finely chopped onion in oil until pinkish, add tomato paste and pepper paste. Add to lentils and bulgur, mix well. Add finely chopped spring onion and parsley. Knead well. Take a walnut sized piece, form oval balls and place to a plate. Add parsley on top and serve. Bon Appetite!
White Beans
Packing Size 1000g
Packing Type Pillow
Pcs in a Box 12
Boxes in 1 Pallet 80
Shelf Life 24 Months
Product Code 401
Barcode of Pack. 8691440710387
Languages on the Label TR-EN-DE-FR-NL

White Beans
Packing Size 2500g
Packing Type Pillow
Pcs in a Box 6
Boxes in 1 Pallet 64
Shelf Life 24 Months
Product Code 313
Barcode of Pack. 8691440305928
Languages on the Label TR-EN-DE-FR-NL

Green Lentils
Packing Size 1000g
Packing Type Pillow
Pcs in a Box 12
Boxes in 1 Pallet 80
Shelf Life 24 Months
Product Code 303
Barcode of Pack. 8691440710363
Languages on the Label TR-EN-DE-FR-NL

Green Lentils
Packing Size 2500g
Packing Type Pillow
Pcs in a Box 6
Boxes in 1 Pallet 64
Shelf Life 24 Months
Product Code 313
Barcode of Pack. 8691440305928
Languages on the Label TR-EN-DE-FR-NL

White Beans
Packing Size 500g
Packing Type Squarebottom
Pcs in a Box 12
Boxes in 1 Pallet 150
Shelf Life 24 Months
Product Code 402
Barcode of Pack. 8691440305644
Languages on the Label TR-EN

White Beans
Packing Size 1000g
Packing Type Pillow
Pcs in a Box 12
Boxes in 1 Pallet 64
Shelf Life 24 Months
Product Code 402
Barcode of Pack. 8691440305928
Languages on the Label TR-EN-DE-FR-NL

Cranberry Beans
Packing Size 1000g
Packing Type Pillow
Pcs in a Box 6
Boxes in 1 Pallet 156
Shelf Life 24 Months
Product Code 403-1
Barcode of Pack. 8691440305996
Languages on the Label TR-EN-DE-FR-NL

Cranberry Beans
Packing Size 1000g
Packing Type Pillow
Pcs in a Box 12
Boxes in 1 Pallet 150
Shelf Life 24 Months
Product Code 501-7
Barcode of Pack. 8691440305637
Languages on the Label TR-EN-DE-FR-NL

White Beans
Packing Size 1000g
Packing Type Pillow
Pcs in a Box 12
Boxes in 1 Pallet 80
Shelf Life 24 Months
Product Code 401
Barcode of Pack. 8691440710387
Languages on the Label TR-EN-DE-FR-NL

White Beans
Packing Size 2500g
Packing Type Pillow
Pcs in a Box 6
Boxes in 1 Pallet 64
Shelf Life 24 Months
Product Code 402
Barcode of Pack. 8691440305928
Languages on the Label TR-EN-DE-FR-NL

White Beans
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Product Code 313
Barcode of Pack. 8691440305928
Languages on the Label TR-EN-DE-FR-NL

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Packing Size 1000g
Packing Type Pillow
Pcs in a Box 12
Boxes in 1 Pallet 80
Shelf Life 24 Months
Product Code 303
Barcode of Pack. 8691440710363
Languages on the Label TR-EN-DE-FR-NL

Green Lentils
Packing Size 2500g
Packing Type Pillow
Pcs in a Box 6
Boxes in 1 Pallet 64
Shelf Life 24 Months
Product Code 313
Barcode of Pack. 8691440305928
Languages on the Label TR-EN-DE-FR-NL
**Dry Peas**

- **Packing Size**: 1000g
- **Packing Type**: Pillow
- **Pcs in a Box**: 12
- **Boxes in 1 Pallet**: 80
- **Shelf Life**: 24 Months
- **Product Code**: 711
- **Barcode of Pack.**: 8691440306214
- **Languages on the Label**: TR-EN-DE-FR-NL

**Yellow Peas**

- **Packing Size**: 1000g
- **Packing Type**: Pillow
- **Pcs in a Box**: 12
- **Boxes in 1 Pallet**: 80
- **Shelf Life**: 24 Months
- **Product Code**: 711
- **Barcode of Pack.**: 8691440306214
- **Languages on the Label**: TR-EN-DE-FR-NL

**Fava Beans**

- **Packing Size**: 900g
- **Packing Type**: Pillow
- **Pcs in a Box**: 12
- **Boxes in 1 Pallet**: 80
- **Shelf Life**: 24 Months
- **Product Code**: 708
- **Barcode of Pack.**: 8691440306184
- **Languages on the Label**: TR-EN-DE-FR-NL

**Broad Beans**

- **Packing Size**: 900g
- **Packing Type**: Pillow
- **Pcs in a Box**: 12
- **Boxes in 1 Pallet**: 80
- **Shelf Life**: 24 Months
- **Product Code**: 709
- **Barcode of Pack.**: 8691440306207
- **Languages on the Label**: TR-EN-DE-FR-NL
UNIQUE ANATOLIAN FLAVOUR IN EVERY GRAIN
HIGH QUALITY DELICIOUS TURKISH RICE
100% PURE DURU RICE

Rice is one of the main food items of Turkey. It is commonly used in the traditional pilafs. Rice pilafs complements traditional vegetable and meat meals. Duru supplies high quality Turkish rice grown in North West of Turkey. As well as Turkish rice, Duru offers high quality Italian originated rice, Jasmine rice from Thailand and Basmati rice from India.
RICE PILAF WITH CHICKPEAS

Ingredients:
1 cup Duru Baldo Rice
½ cup Duru Chickpeas
1 ½ cup chicken stock
1 tbsp. butter
1 tsp. salt

Preparation:
Wash the rice and keep in water for 10 minutes. Melt butter in a sauce pan, add drained rice. Add hot chicken stock and salt. Add pre-boiled chickpeas, and cook on low heat for 15 minutes until water is absorbed. Let your rice pilaf with chickpeas rest for 15 minutes before serving. Bon appetit!
RICE PILAF

Ingredients:
2 cups Duru Rice
4 cups boiling water
3 tbsp. butter
½ tsp. salt

Preparation:
Soak rice in water for 10 minutes, then wash and drain. Place butter in a sauce pan, add rice once butter is melted. Roast for app. 5 minutes until rice grains become transparent, add water and salt. Cook on low heat until water is absorbed for app. 15 minutes. Set aside to rest for 20 minutes, then serve. Bon Appetite!
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TRADITION
EASILY PREPARED
Bulgur is an ancient food with its 4,000 year old history and it is mainly consumed as pilaf which can be served as a main meal or side dish. Mixed with different grains and dried vegetables; Duru Dual presents traditional bulgur pilaf with lower carbohydrate and high protein content. It is easy to prepare, in only 20 min.
WHY DON’T YOU TRY SOMETHING NEW BUT TRADITIONAL TODAY?

Cooking Duru Dual is very easy. Have everything in the pot and bring to simmer for just 20 min. Enrich your meals with Duru Dual pilafs. Enjoy the nice combination of bulgur with mushroom, lentils, chickpea and freekeh.
Add 2 tablespoons of olive oil and 1 tablespoon of butter in a sauce pan.

Add 4 cups of boiling water and 1/2 teaspoon of salt.

Cook bulgur for 20 minutes on medium-low heat until water is absorbed.

Set aside for 5 minutes, then serve.
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HEALTHY WORLD
FOOD FROM DURU
Chia in 8g shots, ready to be used in salads, yoghurts and any meal you’d like.

FOR THOSE ON THE GO, A SHOT OF CHIA IS ALL YOU NEED TO KNOW. DURU LIVAL THE HEALTHY WAY.
Chia is the highest plant source of protein, fibre and omega 3. Chia, the sage seed originated in Mexico and Guatemala, grown in South America, was consumed by ancient Aztecs and Mayans around 3,500 B.C. In Mayan Language chia means “power”. Chia has high fiber, high omega 3 fatty acids, high protein and it is a source of magnesium, calcium, iron and zinc. Chia seed strengthens the digestive system while reducing heart disease and diabetes risk.

Chia, with its omega 3 and omega-6 fatty acids, supports the brain function and nerve conduction.

Chia's omega 3 fatty acids content contributes to hearth health.

Chia stabilizes blood sugar.

Chia creates the feeling of satiety.

Chia's high fiber content contributes to healthy digestive system.

Chia is an alternative source of calcium.

WHY “DURU LIVAL CHIA SHOT?”

“Duru Lival Chia Shots” are Chia in 8g shots, ready to be used in salads, yoghurts and any meal you’d like. The convenient pack enables you to carry your single portion chia anywhere you would like.

WHAT IS “DURU LIVAL CHIA SHOT?”

HOW CAN I CONSUME “DURU LIVAL CHIA SHOT?”

You can mix the Chia Shot in your yoghurt, breakfast cereals or salads. You can pour it down to your meals, you can add it to your drinks. You can even mix it in your puddings or desserts. You can eat it without the need to soak, grind or to cook.

WHERE CAN I CONSUME “DURU LIVAL CHIA SHOT?”

You can have your chia everywhere. During lunch time at your office, while having a nice salad at a cafe or restaurant, when you’re having breakfast or dinner at home; while having a picnic at the park; anywhere anytime you would like you can have your chia with “Duru Lival Chia Shot”.

WHEN CAN I CONSUME “DURU LIVAL CHIA SHOT?”

You have your chia shot in all meals or between the meals. We suggest to have 2 packs of “Duru Lival Chia Shot” per day.
**QUINOA SALAD**

**Ingredients:**
1 cup white quinoa
1 carrot
1 cucumber
4 pcs. spring onion
4 pcs. cherry tomatoes
1 bunch parsley
1 bunch basil
6-7 tiny lettuce leaves
4 tbsp. olive oil
Juice of ½ lemon
1 tbsp. pomegranate syrup

**Preparation:**
Place quinoa in a salad bowl, cover with water and let sit for 25-30 minutes. Drain the water, place quinoa in cooking pot, add 1 ½ cups of water, cover with a lid and boil until soft. Drain the water if still left, set aside to cool.
Wash the greeneries in water, dry well. Chop finely.
Dice the cucumber, grate the carrot, and cut the tomatoes.
Place all the ingredients in a salad bowl, add boiled and cooled quinoa. Mix a salad sauce in a separate bowl – olive oil, lemon juice, salt and pomegranate syrup.
Add the sauce to salad.
Bon appetit!

**A suggestion for serving:**
1 green apple
3-4 lettuce leaves
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ADDS FLAVOR TO FLAVOR
ADDS FLAVOR TO FLAVOR IN A BLINK
For those who are in a hurry and busy but look for quality and health in the meals; DURU has a convenient solution. Have one Duru Pratik and just pour down to your pilafs, soups and salads or simply use in your dip. Duru Pratik offers you ready to eat, well prepared and delicious legumes.
RED BEANS SALAD

Ingredients:
1 pack of Duru Pratik Red Beans
1 onion
1 red cappia pepper
1/4 bunch of parsley
6-7 cherry tomatoes
4 tbsp. olive oil
1 tbsp. lemon juice
1 tbsp. cider vinegar
1 tbsp. pomagranate sauce (optional)
1 tsp. salt

Preparation:
Slice the onions into half moons. Chop the cappia peppers and tomatoes in small cubes. Chop parsley finely. Place olive oil, lemon juice, pomagranate sauce and vinegar in a small bowl and mix well. Place all ingredients on a large bowl and pour down the mixed sauce. Add salt and mix well. Serve with grated cheese (optional).

Serving Tip:
Serve with grated cheddar or parmesan cheese. Bon appetite!
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ORGANIC PRODUCTS
WITH DURU QUALITY
FOR THOSE WHO SEEK ORGANIC PRODUCTS, DURU BULGUR PRESENTS DURU BIO BULGUR.
STONE MILLED ORGANIC BULGUR

Duru Bulgur still uses the traditional stone mills in its modern production plants. The stones used in the milling process are extracted from a special stone mine which is operated by Duru Bulgur itself. The extracted stones are then formed to be millstones after several processes. This costly and difficult method of stone mills is applied only by Duru Bulgur in the world.

Duru Bulgur is producing ORGANIC BULGUR by using NATURAL STONES and serving healthy, natural and delicious bulgur to its valuable customers.

ORGANIC PRODUCTS WITH DURU QUALITY

Duru Bulgur found in 1935 is one of the leading food companies in Turkey and EU. With its 80 years of experience and focus on bulgur, Duru Bulgur is offering its valuable customers delicious and healthy products produced in stone mills.

For organic product seekers, Organic Coarse Bulgur and Fine Bulgur are ready to be served.

TASTY & HEALTHY

- High Fiber
- Complex Carbohydrates
- Low glycemic index
- Rich in B Vitamins
**BULGUR PILAF**

**Ingredients:**
- 2 cups of Duru Organic Coarse Bulgur
- 2 tbsp. olive oil
- 1 tbsp. butter
- 4 cups of hot water
- 2 tsp. salt

**Preparation:**
Place olive oil and butter to a pot. Heat on and add bulgur when butter melts. Saute for a minute. Add hot water and salt. Leave to simmer for 15 min on low heat. After 15 min, when bulgur swells up and water is absorbed, remove the pan from the heat and rest 15 min. Stir bulgur gently and serve. Enjoy.
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| Packing Type   | Pillow  |
| Pcs in a Box   | 12      |
| Boxes in 1 Pallet | 80     |
| Shelf Life     | 24 Months |
| Product Code   | 108-DD  |
| Barcode of Pack. | 8691440601005 |
| Languages on the Label | TR-DA-SV-NO-FI-ES-PT-IT-HU |

Extra Coarse Bulgur
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| Boxes in 1 Pallet | 80     |
| Shelf Life     | 24 Months |
| Product Code   | 104-DD  |
| Barcode of Pack. | 8691440401001 |
| Languages on the Label | TR-DA-SV-NO-FI-ES-PT-IT-HU |

Coarse Bulgur
| Packing Size   | 1000g   |
| Packing Type   | Pillow  |
| Pcs in a Box   | 12      |
| Boxes in 1 Pallet | 80     |
| Shelf Life     | 24 Months |
| Product Code   | 101-DD  |
| Barcode of Pack. | 8691440101000 |
| Languages on the Label | TR-DA-SV-NO-FI-ES-PT-IT-HU |

Brown Coarse Bulgur
| Packing Size   | 1000g   |
| Packing Type   | Pillow  |
| Pcs in a Box   | 12      |
| Boxes in 1 Pallet | 80     |
| Shelf Life     | 24 Months |
| Product Code   | 105-DD  |
| Barcode of Pack. | 8691440503002 |
| Languages on the Label | TR-DA-SV-NO-FI-ES-PT-IT-HU |

Coarse Bulgur
| Packing Size   | 1000g   |
| Packing Type   | Pillow  |
| Pcs in a Box   | 12      |
| Boxes in 1 Pallet | 80     |
| Shelf Life     | 24 Months |
| Product Code   | 107-DD  |
| Barcode of Pack. | 8691440710172 |
| Languages on the Label | TR-DA-SV-NO-FI-ES-PT-IT-HU |

Medium Coarse Bulgur
| Packing Size   | 1000g   |
| Packing Type   | Pillow  |
| Pcs in a Box   | 12      |
| Boxes in 1 Pallet | 80     |
| Shelf Life     | 24 Months |
| Product Code   | 107M-DD |
| Barcode of Pack. | 8691440710172 |
| Languages on the Label | TR-DA-SV-NO-FI-ES-PT-IT-HU |

Fine Bulgur
| Packing Size   | 1000g   |
| Packing Type   | Pillow  |
| Pcs in a Box   | 12      |
| Boxes in 1 Pallet | 80     |
| Shelf Life     | 24 Months |
| Product Code   | 102-DD  |
| Barcode of Pack. | 8691440200109 |
| Languages on the Label | TR-DA-SV-NO-FI-ES-PT-IT-HU |

Extra Fine Bulgur
| Packing Size   | 1000g   |
| Packing Type   | Pillow  |
| Pcs in a Box   | 12      |
| Boxes in 1 Pallet | 80     |
| Shelf Life     | 24 Months |
| Product Code   | 101-DD  |
| Barcode of Pack. | 8691440101000 |
| Languages on the Label | TR-DA-SV-NO-FI-ES-PT-IT-HU |

Brown Fine Bulgur
<p>| Packing Size   | 1000g   |
| Packing Type   | Pillow  |
| Pcs in a Box   | 12      |
| Boxes in 1 Pallet | 80     |
| Shelf Life     | 24 Months |
| Product Code   | 109-DD  |
| Barcode of Pack. | 8691440503002 |
| Languages on the Label | TR-DA-SV-NO-FI-ES-PT-IT-HU |</p>
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<th>Pcs in a Box</th>
<th>Boxes in 1 Pallet</th>
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<th>Product Code</th>
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ENGLISH LABEL

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<th>Pcs in a Box</th>
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Osmancik Rice
- Packing Size: 1000g
- Packing Type: Square bottom
- Pcs in a Box: 10
- Boxes in 1 Pallet: 77
- Shelf Life: 24 Months
- Product Code: 206USA
- Barcode of Pack: 8691440306603
- Languages on the Label: EN-FR-TR

Split Red Lentils
- Packing Size: 1000g
- Packing Type: Square bottom
- Pcs in a Box: 10
- Boxes in 1 Pallet: 77
- Shelf Life: 24 Months
- Product Code: 206USA
- Barcode of Pack: 8691440710356
- Languages on the Label: EN-FR-TR

White Kidney Beans
- Packing Size: 1000g
- Packing Type: Square bottom
- Pcs in a Box: 10
- Boxes in 1 Pallet: 77
- Shelf Life: 24 Months
- Product Code: 406-USA
- Barcode of Pack: 8691440710332
- Languages on the Label: EN-FR-TR

Chickpeas (9mm)
- Packing Size: 1000g
- Packing Type: Square bottom
- Pcs in a Box: 10
- Boxes in 1 Pallet: 77
- Shelf Life: 24 Months
- Product Code: 501USA
- Barcode of Pack: 8691440710431
- Languages on the Label: EN-FR-TR

Peeled Wheat
- Packing Size: 1000g
- Packing Type: Square bottom
- Pcs in a Box: 10
- Boxes in 1 Pallet: 77
- Shelf Life: 24 Months
- Product Code: 102-7ENG
- Barcode of Pack: 8691440305590
- Languages on the Label: EN

Fine Bulgur
- Packing Size: 500g
- Packing Type: Square bottom
- Pcs in a Box: 12
- Boxes in 1 Pallet: 150
- Shelf Life: 24 Months
- Product Code: 100-7ENG
- Barcode of Pack: 8691440305590
- Languages on the Label: EN

Coarse Bulgur
- Packing Size: 500g
- Packing Type: Square bottom
- Pcs in a Box: 12
- Boxes in 1 Pallet: 150
- Shelf Life: 24 Months
- Product Code: 101-7ENG
- Barcode of Pack: 8691440305583
- Languages on the Label: EN

Extra Coarse Bulgur
- Packing Size: 500g
- Packing Type: Square bottom
- Pcs in a Box: 12
- Boxes in 1 Pallet: 150
- Shelf Life: 24 Months
- Product Code: 104-7ENG
- Barcode of Pack: 8691440305966
- Languages on the Label: EN

Brown Coarse Bulgur
- Packing Size: 1000g
- Packing Type: Square bottom
- Pcs in a Box: 12
- Boxes in 1 Pallet: 150
- Shelf Life: 24 Months
- Product Code: 105USA
- Barcode of Pack: 8691440501008
- Languages on the Label: EN-FR-TR
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Extra Extra Coarse Bulgur
- Packing Size: 1000g
- Packing Type: Square bottom
- Pcs in a Box: 10
- Boxes in 1 Pallet: 77
- Shelf Life: 24 Months
- Product Code: 108-12A
- Barcode of Pack: 8691440601005
- Languages on the Label: AR-FR-EN

Coarse Bulgur
- Packing Size: 1000g
- Packing Type: Square bottom
- Pcs in a Box: 10
- Boxes in 1 Pallet: 77
- Shelf Life: 24 Months
- Product Code: 101-12A
- Barcode of Pack: 8691440101000
- Languages on the Label: AR-FR-EN

Brown Coarse Bulgur
- Packing Size: 1000g
- Packing Type: Square bottom
- Pcs in a Box: 10
- Boxes in 1 Pallet: 77
- Shelf Life: 24 Months
- Product Code: 105-12A
- Barcode of Pack: 8691440501008
- Languages on the Label: AR-FR-EN

White Kidney Beans
- Packing Size: 1000g
- Packing Type: Square bottom
- Pcs in a Box: 10
- Boxes in 1 Pallet: 77
- Shelf Life: 24 Months
- Product Code: 401A
- Barcode of Pack: 8691440710387
- Languages on the Label: AR-FR-EN

Chickpeas (9mm)
- Packing Size: 1000g
- Packing Type: Square bottom
- Pcs in a Box: 10
- Boxes in 1 Pallet: 77
- Shelf Life: 24 Months
- Product Code: 501A
- Barcode of Pack: 8691440710431
- Languages on the Label: AR-FR-EN

Brown Fine Bulgur
- Packing Size: 1000g
- Packing Type: Square bottom
- Pcs in a Box: 10
- Boxes in 1 Pallet: 77
- Shelf Life: 24 Months
- Product Code: 102-12A
- Barcode of Pack: 8691440200109
- Languages on the Label: AR-FR-EN

Freekeh (Green Roasted Wheat)
- Packing Size: 1000g
- Packing Type: Square bottom
- Pcs in a Box: 10
- Boxes in 1 Pallet: 77
- Shelf Life: 24 Months
- Product Code: 409A
- Barcode of Pack: 8691440306542
- Languages on the Label: AR-FR-EN
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