

We all  
share the  
same table.



**DURU**

Product  
Catalogue





**DURU**



Duru Bulgur is one of the leading food companies in Turkey  
and has its headquarters located in

**KARAMAN, TURKEY.**

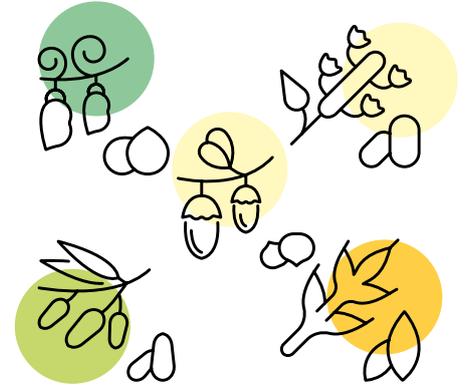
Founded by Ziya Duru in;

**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

**DURU**  
DUAL

**DURU**  
BIO

**DURU**  
BAKLIYAT

**DURU**  
Pratik

**DURU**  
lival

**DURU**  
PRINÇ



Duru Bulgur has over  
**3806** 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

**52** EU countries, the USA,  
 Japan, China, Middle East,  
 Africa and Australia.

Duru Bulgur has;







**STONE MILLED  
ALL NATURAL**



# BULGUR: 4000 YEARS OLD MIRACLE FOOD FROM MESOPOTAMIA



## KINGS AND GLADIATORS AT THE SAME DINING TABLE

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

High fiber 	
 Rich in vitamin B	 Low glycemic index
 High protein	 Complex carbohydrates

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.

# REAL BULGUR FOR TODAY



What makes Duru Bulgur one of the healthiest and most natural food items is its 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

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

B.021.TBT.5.01.08.00-181.06.03-1073/3779 (Analysis by TUBITAK)  
Combinations of Nutrients Turkey Dieticians Association Publication:1 (Ankara, 1991)

Bulgur is formed from hard durum wheat that has been cleaned, steamed and dried and then ground into grains into several distinct sizes at the natural stone mills. During the production process of bulgur; every step is natural and only wheat and water is used to with bulgur. One of the key difference of Duru Bulgur is that Duru Bulgur is milling bulgur with natural Stones.

## HEALTHY ALTERNATIVE TO PASTA AND RICE!

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.

The chart below shows the glycemic index of various food items:			
White Rice	98	Spaghetti, White Flour	60
White Bread	75-95	Basmati Rice	58
Whole-Wheat Rice	76	Oat Bread	54
Couscous	65	Bulgur	48

## 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.



To learn more about the "Story of Stone mill", please check the code.

## TO COOK DELICIOUS PILAF



**USE 2 CUPS OF BOILING WATER PER 1 CUP OF BULGUR**

Please don't wash bulgur before cooking.

## 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!

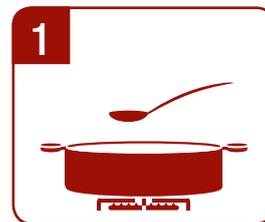
Compared to pasta; bulgur has higher fiber. When you consume bulgur, you feel satiated for a longer time.

## 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.



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



2  
Add 1 cup bulgur (160g)



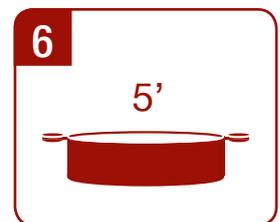
3  
Sauté for several minutes.



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:

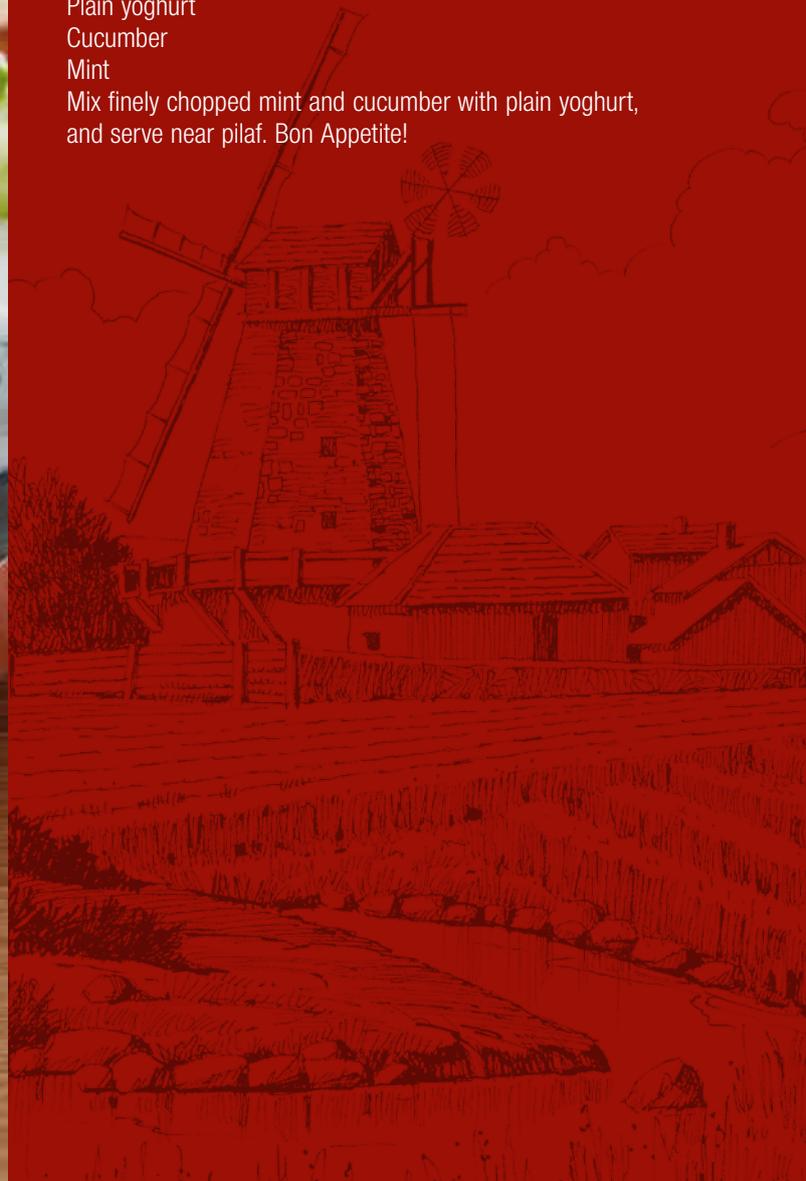
2 tbsp. olive oil  
2 cups Extra Extra Coarse Bulgur  
1 tbsp. butter  
4 cups chicken stock  
1/2 tsp, salt

## Preparataion:

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

<p><b>EXTRA EXTRA COARSE</b></p> 	<p>At most 10% of grains are smaller than 2,8mm</p>	<p>Extra extra coarse bulgur is a wholegrain 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.</p>	<p>Type of Meals the Product can be used in</p> <ul style="list-style-type: none"> <li>Soups</li> <li>Pilafs</li> <li>Stuffing</li> <li>Salads</li> <li>Rolls</li> </ul>
<p><b>EXTRA COARSE</b></p> 	<p>At least 80% of grains are larger than 3mm</p>	<p>Extra coarse bulgur, which is bigger than course bulgur, looks like a half of a wheat grain. This bulgur can be used in soups and stuffing as a substitute to rice.</p>	<p>Type of Meals the Product can be used in</p> <ul style="list-style-type: none"> <li>Soups</li> <li>Pilafs</li> <li>Salads</li> <li>Desserts</li> </ul>
<p><b>COARSE</b></p> 	<p>Grain size is between 2,0 and 2,8mm</p>	<p>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.</p>	<p>Type of Meals the Product can be used in</p> <ul style="list-style-type: none"> <li>Soups</li> <li>Meat Meals</li> <li>Stuffing</li> <li>Vegetable Meals</li> <li>Dessert</li> </ul>
<p><b>MEDIUM</b></p> 	<p>Grain size is between 1,6 and 2,5mm</p>	<p>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.</p>	<p>Type of Meals the Product can be used in</p> <ul style="list-style-type: none"> <li>Meat Meals</li> <li>Vegetable Meals</li> <li>Salads</li> </ul>
<p><b>FINE</b></p> 	<p>Grain size is between 0,5 and 2,5mm</p>	<p>Fine bulgur is a popular kind of bulgur in the World which is used in meatballs and salads like "tabbouleh", is popular all over the World. Fine bulgur is the 5# of yellow bulgurs in size.</p>	<p>Type of Meals the Product can be used in</p> <ul style="list-style-type: none"> <li>Soups</li> <li>Meat Meals</li> <li>Vegetable Meals</li> <li>Salads</li> <li>Desserts</li> <li>Breads</li> <li>Baby Food</li> </ul>
<p><b>EXTRA FINE</b></p> 	<p>Grain size is between 0,5 and 1,6mm</p>	<p>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.</p>	<p>Type of Meals the Product can be used in</p> <ul style="list-style-type: none"> <li>Soups</li> <li>Meatballs</li> <li>Desserts</li> <li>Breads</li> </ul>



### Extra Extra Coarse Bulgur

Packing Size	500g
PackingType	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
PackingType	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	2500g
PackingType	Pillow
Pcs in a Box	6
Boxes in 1 Pallet	64
Shelf Life	24 Months
Product Code	118-3
Barcode of Pack.	8691440305408
Languages on the Label	TR-EN-DE-FR-NL



### Extra Extra Coarse Bulgur

Packing Size	5000g
PackingType	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	5000g
PackingType	Bulk
Pcs in a Box	
Bags in Pallet	200
Shelf Life	24 Months
Product Code	118
Barcode of Pack.	8691440305415
Languages on the Label	TR-EN-DE-FR-NL



### Extra Extra Coarse Bulgur

Packing Size	10kg
PackingType	Bulk
Pcs in a Box	
Bags in Pallet	100
Shelf Life	24 Months
Product Code	128
Barcode of Pack.	8691440307334
Languages on the Label	TR-EN-DE-FR-NL



### Extra Extra Coarse Bulgur

Packing Size	25kg
PackingType	Bulk
Pcs in a Box	
Bags in Pallet	40
Shelf Life	24 Months
Product Code	138
Barcode of Pack.	8691440305521
Languages on the Label	TR-EN-DE-FR-NL



### Extra Coarse Bulgur

Packing Size	1000g
PackingType	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
PackingType	Pillow
Pcs in a Box	6
Boxes in 1 Pallet	64
Shelf Life	24 Months
Product Code	114-3
Barcode of Pack.	8691440776345
Languages on the Label	TR-EN-DE-FR-NL



### Extra Coarse Bulgur

Packing Size	5000g
PackingType	Pillow
Pcs in a Box	4
Boxes in 1 Pallet	50
Shelf Life	24 Months
Product Code	114-2
Barcode of Pack.	8691440405009
Languages on the Label	TR-EN-DE-FR-NL



### Extra Coarse Bulgur

Packing Size	5000g
PackingType	Bulk
Pcs in a Box	
Boxes in 1 Pallet	200
Shelf Life	24 Months
Product Code	114
Barcode of Pack.	8691440500049
Languages on the Label	TR-EN-DE-FR-NL



### Extra Coarse Bulgur

Packing Size	10kg
PackingType	Bulk
Pcs in a Box	
Boxes in 1 Pallet	100
Shelf Life	24 Months
Product Code	124
Barcode of Pack.	8691440307679
Languages on the Label	TR-EN-DE-FR-NL



### Extra Coarse Bulgur

Packing Size	25kg
PackingType	Bulk
Pcs in a Box	
Boxes in 1 Pallet	50
Shelf Life	24 Months
Product Code	134
Barcode of Pack.	8691440400011
Languages on the Label	TR-EN-DE-FR-NL



### Coarse Bulgur

Packing Size	500g
PackingType	Squarebottom
Pcs in a Box	12
Boxes in 1 Pallet	150
Shelf Life	24 Months
Product Code	101-7
Barcode of Pack.	8691440305583
Languages on the Label	TR-EN-DE-FR-NL



### Coarse Bulgur

Packing Size	1000g
PackingType	Pillow
Pcs in a Box	12
Boxes in 1 Pallet	80
Shelf Life	24 Months
Product Code	101
Barcode of Pack.	8691440101000
Languages on the Label	TR-EN-DE-FR-NL



### Coarse Bulgur

Packing Size	2500g
PackingType	Pillow
Pcs in a Box	6
Boxes in 1 Pallet	64
Shelf Life	24 Months
Product Code	111-3
Barcode of Pack.	8691440776314
Languages on the Label	TR-EN-DE-FR-NL



### Coarse Bulgur

Packing Size	5000g
PackingType	Pillow
Pcs in a Box	4
Boxes in 1 Pallet	50
Shelf Life	24 Months
Product Code	111-2
Barcode of Pack.	8691440105008
Languages on the Label	TR-EN-DE-FR-NL



### Coarse Bulgur

Packing Size	5000g
PackingType	Bulk
Pcs in a Box	
Boxes in 1 Pallet	200
Shelf Life	24 Months
Product Code	111
Barcode of Pack.	8691440500018
Languages on the Label	TR-EN-DE-FR-NL



### Coarse Bulgur

Packing Size	10kg
PackingType	Bulk
Pcs in a Box	
Boxes in 1 Pallet	100
Shelf Life	24 Months
Product Code	121
Barcode of Pack.	8691440101109
Languages on the Label	TR-EN-DE-FR-NL



### Coarse Bulgur

Packing Size	25kg
PackingType	Bulk
Pcs in a Box	
Boxes in 1 Pallet	40
Shelf Life	24 Months
Product Code	131
Barcode of Pack.	8691440100010
Languages on the Label	TR-EN-DE-FR-NL



### Medium Coarse Bulgur

Packing Size	1000g
PackingType	Pillow
Pcs in a Box	12
Boxes in 1 Pallet	80
Shelf Life	24 Months
Product Code	107
Barcode of Pack.	8691440710172
Languages on the Label	TR-EN-DE-FR-NL



### Medium Coarse Bulgur

Packing Size	2500g
PackingType	Pillow
Pcs in a Box	6
Boxes in 1 Pallet	64
Shelf Life	24 Months
Product Code	117-3
Barcode of Pack.	8691440305125
Languages on the Label	TR-EN-DE-FR-NL



### Medium Coarse Bulgur

Packing Size	5000g
PackingType	Pillow
Pcs in a Box	4
Boxes in 1 Pallet	50
Shelf Life	24 Months
Product Code	117-2
Barcode of Pack.	8691440505006
Languages on the Label	TR-EN-DE-FR-NL



### Fine Bulgur

Packing Size	500g
PackingType	Squarebottom
Pcs in a Box	12
Boxes in 1 Pallet	150
Shelf Life	24 Months
Product Code	102-7
Barcode of Pack.	8691440305590
Languages on the Label	TR-EN-DE-FR-NL



### Fine Bulgur

Packing Size	1000g
PackingType	Pillow
Pcs in a Box	12
Boxes in 1 Pallet	80
Shelf Life	24 Months
Product Code	102
Barcode of Pack.	8691440200109
Languages on the Label	TR-EN-DE-FR-NL



### Fine Bulgur

Packing Size	2500g
PackingType	Pillow
Pcs in a Box	6
Boxes in 1 Pallet	64
Shelf Life	24 Months
Product Code	112-3
Barcode of Pack.	8691440776321
Languages on the Label	TR-EN-DE-FR-NL



### Fine Bulgur

Packing Size	5000g
PackingType	Pillow
Pcs in a Box	4
Boxes in 1 Pallet	50
Shelf Life	24 Months
Product Code	112-2
Barcode of Pack.	8691440205005
Languages on the Label	TR-EN-DE-FR-NL



### Fine Bulgur

Packing Size	5000g
PackingType	Bulk
Pcs in a Box	
Bags in 1 Pallet	200
Shelf Life	24 Months
Product Code	112
Barcode of Pack.	8691440500025
Languages on the Label	TR-EN-DE-FR-NL



### Fine Bulgur

Packing Size	10kg
PackingType	Bulk
Pcs in a Box	
Boxes in 1 Pallet	100
Shelf Life	24 Months
Product Code	122
Barcode of Pack.	8691440100065
Languages on the Label	TR-EN-DE-FR-NL



### Fine Bulgur

Packing Size	25kg
PackingType	Bulk
Pcs in a Box	
Bags in 1 Pallet	40
Shelf Life	24 Months
Product Code	132
Barcode of Pack.	8691440200017
Languages on the Label	TR-EN-DE-FR-NL



### Extra Fine Bulgur

Packing Size	1000g
PackingType	Pillow
Pcs in a Box	12
Boxes in 1 Pallet	80
Shelf Life	24 Months
Product Code	103
Barcode of Pack.	8691440301004
Languages on the Label	TR-EN-DE-FR-NL



### Extra Fine Bulgur

Packing Size	2500g
PackingType	Pillow
Pcs in a Box	6
Boxes in 1 Pallet	64
Shelf Life	24 Months
Product Code	113-3
Barcode of Pack.	8691440776338
Languages on the Label	TR-EN-DE-FR-NL



### Extra Fine Bulgur

Packing Size	5000g
PackingType	Pillow
Pcs in a Box	4
Boxes in 1 Pallet	50
Shelf Life	24 Months
Product Code	113-2
Barcode of Pack.	8691440305002
Languages on the Label	TR-EN-DE-FR-NL



### Extra Fine Bulgur

Packing Size	5000g
PackingType	Bulk
Pcs in a Box	
Bags in 1 Pallet	200
Shelf Life	24 Months
Product Code	113
Barcode of Pack.	8691440500032
Languages on the Label	TR-EN-DE-FR-NL



### Extra Fine Bulgur

Packing Size	10kg
PackingType	Bulk
Pcs in a Box	
Bags in 1 Pallet	100
Shelf Life	24 Months
Product Code	123
Barcode of Pack.	8691440307686
Languages on the Label	TR-EN-DE-FR-NL



### Extra Fine Bulgur

Packing Size	25kg
PackingType	Bulk
Pcs in a Box	
Bags in 1 Pallet	50
Shelf Life	24 Months
Product Code	133
Barcode of Pack.	691440300014
Languages on the Label	TR-EN-DE-FR-NL



### Wholegrain Coarse Bulgur

Packing Size	1000g
PackingType	Pillow
Pcs in a Box	12
Boxes in 1 Pallet	80
Shelf Life	24 Months
Product Code	101K
Barcode of Pack.	691440305132
Languages on the Label	TR-EN-DE-FR-NL



### Wholegrain Coarse Bulgur

Packing Size	25kg
PackingType	Bulk
Pcs in a Box	
Bags in 1 Pallet	40
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	1000g
PackingType	Pillow
Pcs in a Box	12
Boxes 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 Fine Bulgur

Packing Size	25kg
PackingType	Bulk
Pcs in a Box	
Boxes in 1 Pallet	40
Shelf Life	24 Months
Product Code	132K
Barcode of Pack.	8691440305484
Languages on the Label	TR-EN-DE-FR-NL



### Brown Coarse Bulgur

Packing Size	1000g
PackingType	Pillow
Pcs in a Box	12
Boxes in 1 Pallet	80
Shelf Life	24 Months
Product Code	105
Barcode of Pack.	8691440501008
Languages on the Label	TR-EN-DE-FR-NL



### Brown Coarse Bulgur

Packing Size	2500g
PackingType	Pillow
Pcs in a Box	6
Boxes 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
PackingType	Bulk
Pcs in a Box	
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 Coarse Bulgur

Packing Size	25kg
PackingType	Bulk
Pcs in a Box	
Bags in 1 Pallet	40
Shelf Life	24 Months
Product Code	135
Barcode of Pack.	8691440305514
Languages on the Label	TR-EN-DE-FR-NL



### Brown Fine Bulgur

Packing Size	1000g
PackingType	Pillow
Pcs in a Box	12
Boxes 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	2500g
PackingType	Pillow
Pcs in a Box	6
Boxes in 1 Pallet	64
Shelf Life	24 Months
Product Code	119-3
Barcode of Pack.	8691440305071
Languages on the Label	TR-EN-DE-FR-NL



### Brown Fine Bulgur

Packing Size	25kg
PackingType	Bulk
Pcs in a Box	
Boxes in 1 Pallet	50
Shelf Life	24 Months
Product Code	139
Barcode of Pack.	8691440305538
Languages on the Label	TR-EN-DE-FR-NL



### Coarse Bulgur with Vermicelli

Packing Size	1000g
PackingType	Pillow
Pcs in a Box	12
Boxes in 1 Pallet	80
Shelf Life	24 Months
Product Code	101TS
Barcode of Pack.	8691440305439
Languages on the Label	TR-EN-DE-FR-NL



### Coarse Bulgur with Vermicelli

Packing Size	5000g
PackingType	Pillow
Pcs in a Box	4
Boxes in 1 Pallet	50
Shelf Life	24 Months
Product Code	111-2TS
Barcode of Pack.	8691440306351
Languages on the Label	TR-EN-DE-FR-NL



### Coarse Bulgur with Vermicelli

Packing Size	25kg
PackingType	Bulk
Pcs in a Box	
Bags in 1 Pallet	40
Shelf Life	24 Months
Product Code	131TS
Barcode of Pack.	8691440305767
Languages on the Label	TR-EN-DE-FR-NL



### Medium Coarse Bulgur with Vermicelli

Packing Size	1000g
PackingType	Pillow
Pcs in a Box	12
Boxes in 1 Pallet	80
Shelf Life	24 Months
Product Code	107MTS
Barcode of Pack.	8691440307365
Languages on the Label	TR-EN-DE-FR-NL



### Jerish/Fine Cracked Wheat

Packing Size	25kg
PackingType	Bulk
Pcs in a Box	
Boxes in 1 Pallet	40
Shelf Life	24 Months
Product Code	132S
Barcode of Pack.	8691440305491
Languages on the Label	TR-EN-DE-FR-NL



### Jerish/Fine Cracked Wheat

Packing Size	1000g
PackingType	Pillow
Pcs in a Box	12
Boxes in 1 Pallet	80
Shelf Life	24 Months
Product Code	102S
Barcode of Pack.	8691440306245
Languages on the Label	TR-EN-DE-FR-NL



### Coarse Bulgur with Vermicelli

Packing Size	25kg
PackingType	Bulk
Pcs in a Box	
Boxes in 1 Pallet	50
Shelf Life	24 Months
Product Code	131TS
Barcode of Pack.	8691440305767
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.

TURKISH LENTILS	OTHER LENTILS
	
<b>Shape is round.</b>	<b>Shape is more flat</b>
Height: 4.50 mm Width: 2.20 mm	Height: 4.90 mm Width: 2.30 mm
<b>Denser consistency</b> (360g of local lentils = 10 bowls of soup)	<b>Runnier consistency</b> (360g of other lentils = 7.5 bowls of soup)
	
<b>Color of soup is yellow.</b>	<b>Color of soup is more dark green.</b>
	





# BULGUR PILAF WITH CHICKPEAS AND LENTILS

**Preparation Time:** 10 minutes

**Cooking Time:** 25 minutes / Servings: 4

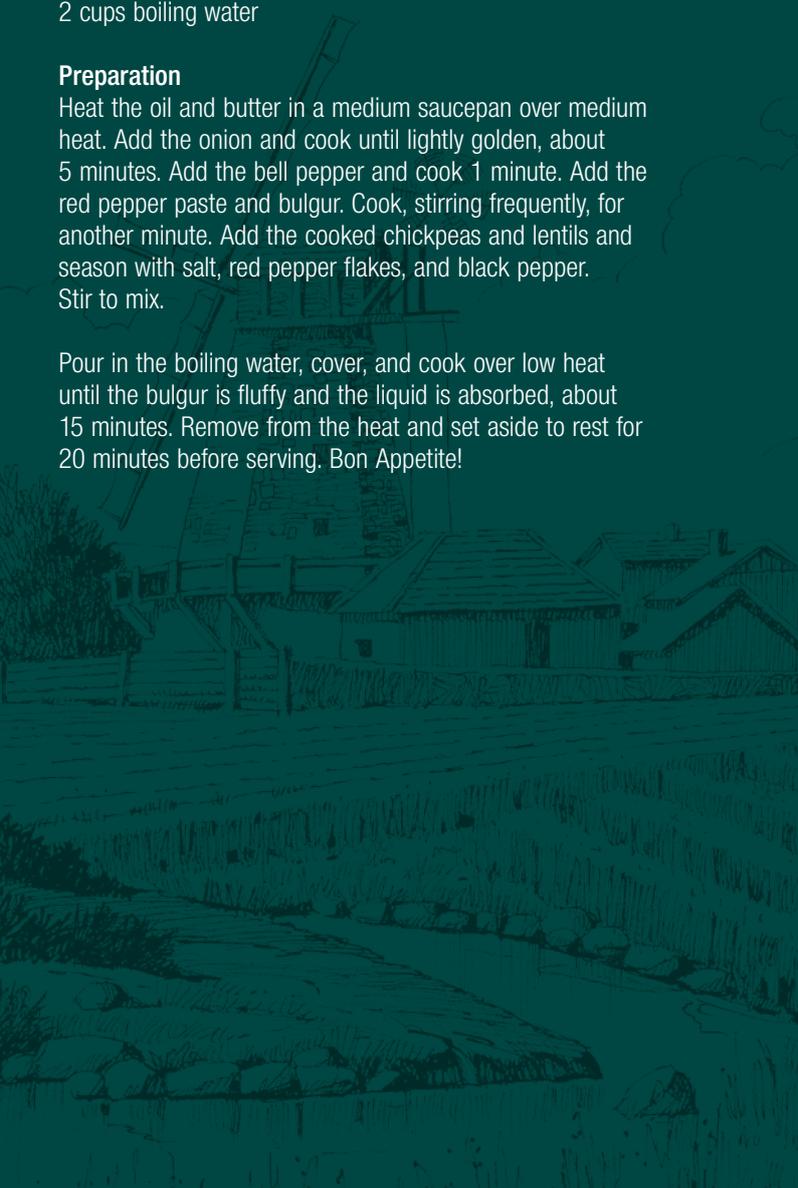
## Ingredients:

- 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!





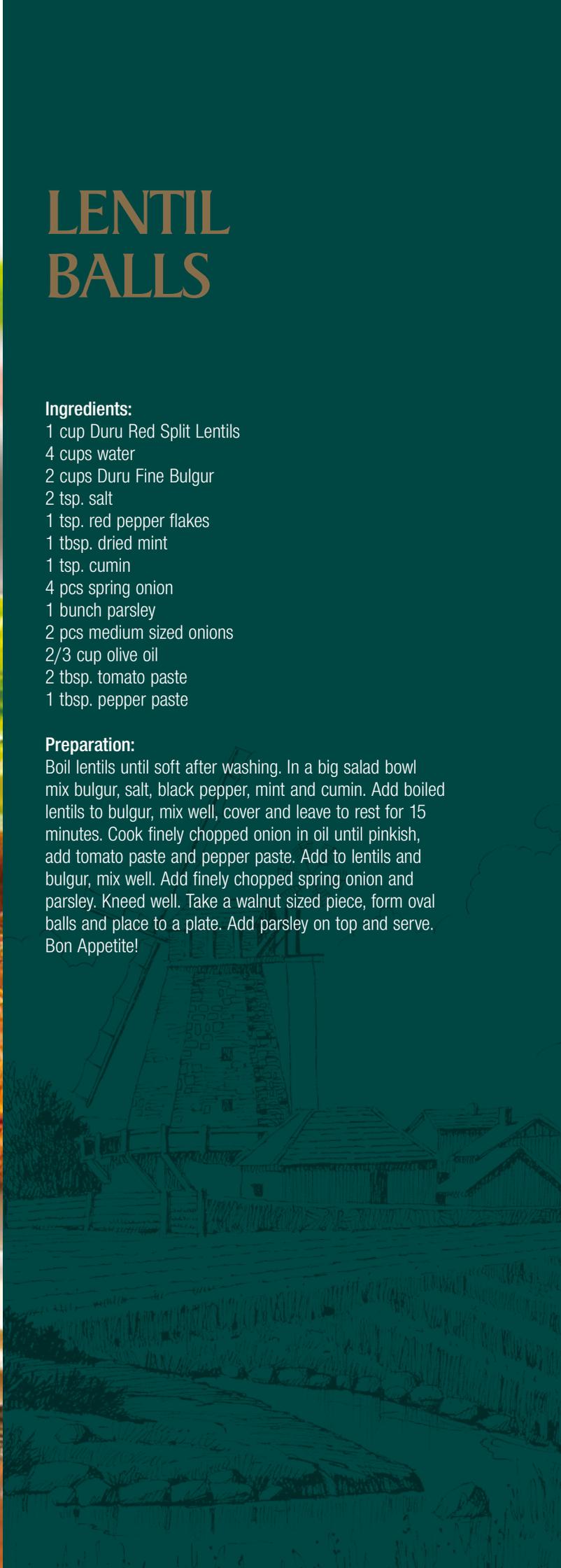
# LENTIL BALLS

## 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 tbsp. 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!





## Round Red Lentils

Packing Size	500g
PackingType	Squarebottom
Pcs in a Box	12
Boxes in 1 Pallet	150
Shelf Life	24 Months
Product Code	301-7
Barcode of Pack.	8691440305620
Languages on the Label	TR-DE



## Round Red Lentils

Packing Size	1000g
PackingType	Pillow
Pcs in a Box	12
Boxes in 1 Pallet	80
Shelf Life	24 Months
Product Code	301
Barcode of Pack.	8691440710349
Languages on the Label	TR-EN-DE-FR-NL



## Round Red Lentils

Packing Size	2500g
PackingType	Pillow
Pcs in a Box	6
Boxes in 1 Pallet	64
Shelf Life	24 Months
Product Code	310
Barcode of Pack.	8691440776307
Languages on the Label	TR-EN-DE-FR-NL



## Round Red Lentils

Packing Size	5000g
PackingType	Pillow
Pcs in a Box	4
Boxes in 1 Pallet	50
Shelf Life	24 Months
Product Code	320
Barcode of Pack.	8691440305873
Languages on the Label	TR-EN-DE-FR-NL



## Split Red Lentils

Packing Size	1000g
PackingType	Pillow
Pcs in a Box	12
Boxes in 1 Pallet	80
Shelf Life	24 Months
Product Code	304
Barcode of Pack.	8691440710356
Languages on the Label	TR-EN-DE-FR-NL



## Split Red Lentils

Packing Size	2500g
PackingType	Pillow
Pcs in a Box	6
Boxes in 1 Pallet	64
Shelf Life	24 Months
Product Code	314
Barcode of Pack.	8691440305392
Languages on the Label	TR-EN-DE-FR-NL



## Yellow Lentils

Packing Size	500g
PackingType	Squarebottom
Pcs in a Box	12
Boxes in 1 Pallet	150
Shelf Life	24 Months
Product Code	302-7
Barcode of Pack.	8691440306009
Languages on the Label	TR-EN-DE-FR-NL



## Yellow Lentils

Packing Size	1000g
PackingType	Pillow
Pcs in a Box	6
Boxes in 1 Pallet	156
Shelf Life	24 Months
Product Code	302-1
Barcode of Pack.	8691440710370
Languages on the Label	TR-EN-DE-FR-NL



## Green Lentils

Packing Size	500g
PackingType	Squarebottom
Pcs in a Box	12
Boxes in 1 Pallet	150
Shelf Life	24 Months
Product Code	303-7
Barcode of Pack.	8691440305651
Languages on the Label	TR-EN-DE-FR-NL



### Green Lentils

Packing Size	1000g
PackingType	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
PackingType	Pillow
Pcs in a Box	6
Boxes in 1 Pallet	64
Shelf Life	24 Months
Product Code	313
Barcode of Pack.	8961440305828
Languages on the Label	TR-EN-DE-FR-NL



### White Beans

Packing Size	1000g
PackingType	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 (7mm)

Packing Size	500g
PackingType	Squarebottom
Pcs in a Box	12
Boxes in 1 Pallet	150
Shelf Life	24 Months
Product Code	402-7
Barcode of Pack.	8691440305644
Languages on the Label	TR-DE



### White Beans (7mm)

Packing Size	1000g
PackingType	Pillow
Pcs in a Box	12
Boxes in 1 Pallet	80
Shelf Life	24 Months
Product Code	402
Barcode of Pack.	8691440710394
Languages on the Label	TR-EN-DE-FR-NL



### White Beans (7mm)

Packing Size	2500g
PackingType	Pillow
Pcs in a Box	6
Boxes in 1 Pallet	64
Shelf Life	24 Months
Product Code	412
Barcode of Pack.	8691440776352
Languages on the Label	TR-EN-DE-FR-NL



### White Beans (6mm)

Packing Size	1000g
PackingType	Pillow
Pcs in a Box	12
Boxes in 1 Pallet	80
Shelf Life	24 Months
Product Code	405
Barcode of Pack.	8691440710424
Languages on the Label	TR-EN-DE-FR-NL



### Cranberry Beans

Packing Size	1000g
PackingType	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



### Chickpeas (9mm)

Packing Size	500g
PackingType	Squarebottom
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



### Chickpeas (9mm)

Packing Size	1000g
PackingType	Pillow
Pcs in a Box	12
Boxes in 1 Pallet	80
Shelf Life	24 Months
Product Code	501
Barcode of Pack.	8691440710431
Languages on the Label	TR-EN-DE-FR-NL



### Chickpeas (9mm)

Packing Size	2500g
PackingType	Pillow
Pcs in a Box	6
Boxes in 1 Pallet	64
Shelf Life	24 Months
Product Code	511
Barcode of Pack.	8691440720010
Languages on the Label	TR-EN-DE-FR-NL



### Chickpeas (8mm)

Packing Size	1000g
PackingType	Pillow
Pcs in a Box	12
Boxes in 1 Pallet	80
Shelf Life	24 Months
Product Code	502
Barcode of Pack.	8691440710448
Languages on the Label	TR-EN-DE-FR-NL



### Chickpeas (8mm)

Packing Size	2500g
PackingType	Pillow
Pcs in a Box	6
Boxes in 1 Pallet	64
Shelf Life	24 Months
Product Code	512
Barcode of Pack.	8691440776369
Languages on the Label	TR-EN-DE-FR-NL



### Chickpeas (8mm)

Packing Size	5000g
PackingType	Pillow
Pcs in a Box	4
Boxes in 1 Pallet	50
Shelf Life	24 Months
Product Code	522
Barcode of Pack.	8691440307310
Languages on the Label	TR-EN-DE-FR-NL



### Chickpeas (over 10mm)

Packing Size	1000g
PackingType	Pillow
Pcs in a Box	12
Boxes in 1 Pallet	80
Shelf Life	24 Months
Product Code	503
Barcode of Pack.	8691440720003
Languages on the Label	TR-EN-DE-FR-NL



### Popcorn

Packing Size	500g
PackingType	Square bottom
Pcs in a Box	12
Boxes in 1 Pallet	150
Shelf Life	24 Months
Product Code	601-7
Barcode of Pack.	8691440305668
Languages on the Label	TR-EN-DE-FR-NL



### Popcorn

Packing Size	1000g
PackingType	Pillow
Pcs in a Box	12
Boxes in 1 Pallet	80
Shelf Life	24 Months
Product Code	601
Barcode of Pack.	8691440710455
Languages on the Label	TR-EN-DE-FR-NL



### Peeled wheat

Packing Size	500g
PackingType	Square bottom
Pcs in a Box	12
Boxes in 1 Pallet	150
Shelf Life	24 Months
Product Code	406-7
Barcode of Pack.	8691440305675
Languages on the Label	TR-EN-DE-FR-NL



### Peeled wheat

Packing Size	1000g
PackingType	Pillow
Pcs in a Box	12
Boxes in 1 Pallet	80
Shelf Life	24 Months
Product Code	406
Barcode of Pack.	8691440710332
Languages on the Label	TR-EN-DE-FR-NL



### Freekeh

Packing Size	500g
PackingType	Squarebottom
Pcs in a Box	12
Boxes in 1 Pallet	150
Shelf Life	24 Months
Product Code	409-7
Barcode of Pack.	8691440306061
Languages on the Label	TR-EN-DE-FR-NL



### Durum wheat

Packing Size	1000g
PackingType	Pillow
Pcs in a Box	12
Boxes in 1 Pallet	80
Shelf Life	24 Months
Product Code	420
Barcode of Pack.	8691440306252
Languages on the Label	TR-EN-DE-FR-NL



### Buckwheat (Greçka)

Packing Size	1000g
PackingType	Pillow
Pcs in a Box	12
Boxes in 1 Pallet	80
Shelf Life	24 Months
Product Code	407
Barcode of Pack.	8691440305330
Languages on the Label	TR-EN-DE-FR-NL



### Adzuki Beans

Packing Size	1000g
PackingType	Pillow
Pcs in a Box	12
Boxes in 1 Pallet	80
Shelf Life	24 Months
Product Code	431
Barcode of Pack.	8691440307501
Languages on the Label	TR-EN-DE-FR-NL



### Mung Beans

Packing Size	1000g
PackingType	Pillow
Pcs in a Box	12
Boxes in 1 Pallet	80
Shelf Life	24 Months
Product Code	703
Barcode of Pack.	8691440306085
Languages on the Label	TR-EN-DE-FR-NL



### Red Beans

Packing Size	1000g
PackingType	Pillow
Pcs in a Box	12
Boxes in 1 Pallet	80
Shelf Life	24 Months
Product Code	704
Barcode of Pack.	8691440306078
Languages on the Label	TR-EN-DE-FR-NL



### Black Beans

Packing Size	1000g
PackingType	Pillow
Pcs in a Box	12
Boxes in 1 Pallet	80
Shelf Life	24 Months
Product Code	706
Barcode of Pack.	8691440306139
Languages on the Label	TR-EN-DE-FR-NL



### Blackeyed Beans

Packing Size	1000g
PackingType	Pillow
Pcs in a Box	12
Boxes in 1 Pallet	80
Shelf Life	24 Months
Product Code	707
Barcode of Pack.	8691440306092
Languages on the Label	TR-EN-DE-FR-NL



## Fava Beans

Packing Size	900g
PackingType	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
PackingType	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



## Dry Peas

Packing Size	1000g
PackingType	Pillow
Pcs in a Box	12
Boxes in 1 Pallet	80
Shelf Life	24 Months
Product Code	710
Barcode of Pack.	8691440306122
Languages on the Label	TR-EN-DE-FR-NL



## Yellow Peas

Packing Size	1000g
PackingType	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







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 appetite!



# 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!





## Baldo Rice

Packing Size	1000g
PackingType	Pillow
Pcs in a Box	12
Boxes in 1 Pallet	80
Shelf Life	24 Months
Product Code	201
Barcode of Pack.	8691440710301
Languages on the Label	TR-EN-DE-FR-NL



## Baldo Rice

Packing Size	2500g
PackingType	Pillow
Pcs in a Box	6
Boxes in 1 Pallet	64
Shelf Life	24 Months
Product Code	210
Barcode of Pack.	9691440776260
Languages on the Label	TR-EN-DE-FR-NL



## Baldo Rice

Packing Size	5000g
PackingType	Pillow
Pcs in a Box	4
Boxes in 1 Pallet	50
Shelf Life	24 Months
Product Code	220
Barcode of Pack.	8691440105039
Languages on the Label	TR-EN-DE-FR-NL



## Rice

Packing Size	1000g
PackingType	Pillow
Pcs in a Box	12
Boxes in 1 Pallet	80
Shelf Life	24 Months
Product Code	202
Barcode of Pack.	8691440710318
Languages on the Label	TR-EN-DE-FR-NL



## Rice

Packing Size	2500g
PackingType	Pillow
Pcs in a Box	6
Boxes in 1 Pallet	64
Shelf Life	24 Months
Product Code	212
Barcode of Pack.	8691440776284
Languages on the Label	TR-EN-DE-FR-NL



## Rice

Packing Size	5000g
PackingType	Pillow
Pcs in a Box	4
Boxes in 1 Pallet	50
Shelf Life	24 Months
Product Code	222
Barcode of Pack.	8691440105015
Languages on the Label	TR-EN-DE-FR-NL



## Osmancik Rice

Packing Size	500g
PackingType	Squarebottom
Pcs in a Box	12
Boxes in 1 Pallet	150
Shelf Life	24 Months
Product Code	206-7
Barcode of Pack.	8691440305613
Languages on the Label	TR-DE



## Osmancik Rice

Packing Size	1000g
PackingType	Pillow
Pcs in a Box	12
Boxes in 1 Pallet	80
Shelf Life	24 Months
Product Code	206
Barcode of Pack.	8691440710578
Languages on the Label	TR-EN-DE-FR-NL



## Osmancik Rice

Packing Size	2500g
PackingType	Pillow
Pcs in a Box	6
Boxes in 1 Pallet	64
Shelf Life	24 Months
Product Code	216
Barcode of Pack.	8691440776376
Languages on the Label	TR-EN-DE-FR-NL



### Osmancık Rice

Packing Size	5000g
PackingType	Pillow
Pcs in a Box	4
Boxes in 1 Pallet	50
Shelf Life	24 Months
Product Code	226
Barcode of Pack.	8691440105022
Languages on the Label	TR-EN-DE-FR-NL



### Broken Rice

Packing Size	1000g
PackingType	Pillow
Pcs in a Box	12
Boxes in 1 Pallet	80
Shelf Life	24 Months
Product Code	207
Barcode of Pack.	8691440710585
Languages on the Label	TR-EN-DE-FR-NL



### Jasmine Rice

Packing Size	1000g
PackingType	Pillow
Pcs in a Box	12
Boxes in 1 Pallet	80
Shelf Life	24 Months
Product Code	208
Barcode of Pack.	8691440710608
Languages on the Label	TR-EN-DE-FR-NL



### Basmati Rice

Packing Size	1000g
PackingType	Pillow
Pcs in a Box	12
Boxes in 1 Pallet	80
Shelf Life	24 Months
Product Code	209
Barcode of Pack.	8691440710615
Languages on the Label	TR-EN-DE-FR-NL



### Italian Loto Rice

Packing Size	1000g
PackingType	Pillow
Pcs in a Box	10
Boxes in 1 Pallet	80
Shelf Life	18 Months
Product Code	200I
Barcode of Pack.	8691440305736
Languages on the Label	TR-EN-DE-FR-NL-SV-NO-DA



### Italian Loto Rice

Packing Size	5000g
PackingType	Pillow
Pcs in a Box	2
Boxes in 1 Pallet	80
Shelf Life	18 Months
Product Code	225I
Barcode of Pack.	8691440305576
Languages on the Label	TR-EN-DE-FR-NL-SV-NO-DA



### Italian San Andrea Rice

Packing Size	1000g
PackingType	Pillow
Pcs in a Box	10
Boxes in 1 Pallet	80
Shelf Life	18 Months
Product Code	202I
Barcode of Pack.	8691440307372
Languages on the Label	TR-EN-DE-FR-NL-SV-NO-DA



### Italian San Andrea Rice

Packing Size	5000g
PackingType	Pillow
Pcs in a Box	2
Boxes in 1 Pallet	80
Shelf Life	18 Months
Product Code	222I
Barcode of Pack.	8691440307389
Languages on the Label	TR-EN-DE-FR-NL-SV-NO-DA



### Italian Baldo Rice

Packing Size	1000g
PackingType	Pillow
Pcs in a Box	10
Boxes in 1 Pallet	80
Shelf Life	18 Months
Product Code	201I
Barcode of Pack.	8691440305231
Languages on the Label	TR-EN-DE-FR-NL-SV-NO-DA



## Italian Baldo Rice

Packing Size	5000g
PackingType	Pillow
Pcs in a Box	4
Boxes in 1 Pallet	40
Shelf Life	18 Months
Product Code	220i
Barcode of Pack.	8691440305248
Languages on the Label	TR-EN-DE-FR-NL-SV-NO-DA



## Basmati Rice

Packing Size	1000g
PackingType	Squarebottom
Pcs in a Box	20
Boxes in 1 Pallet	52
Shelf Life	24 Months
Product Code	209-1
Barcode of Pack.	8691440307587
Languages on the Label	EN-TR-AR-DE-FR-NL-ES-IT-DA-SV-NO



## Basmati Rice

Packing Size	5000g
PackingType	Squarebottom
Pcs in a Box	4
Boxes in 1 Pallet	52
Shelf Life	24 Months
Product Code	209-5
Barcode of Pack.	8691440307594
Languages on the Label	EN-TR-AR-DE-FR-NL-ES-IT-DA-SV-NO



## Basmati Rice

Packing Size	10.000g
PackingType	Squarebottom
Pcs in a Box	2
Boxes in 1 Pallet	52
Shelf Life	24 Months
Product Code	209-10
Barcode of Pack.	8691440307600
Languages on the Label	EN-TR-AR-DE-FR-NL-ES-IT-DA-SV-NO







**TRADITION  
EASILY PREPARED**

**DURU**  
**DUAL**

# 4.000 YEAR OLD TRADITION READY IN 20 MIN.

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.

# DURU DUAL COOKING INSTRUCTION IN 5 STEPS



1  
Add 2 tablespoons of olive oil and 1 tablespoon of butter in a sauce pan.



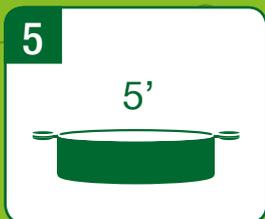
2  
Add bulgur from the pack and saute for 1 minute.



3  
Add 4 cups of boiling water and 1/2 teaspoon of salt.



4  
Cook bulgur for 20 minutes on medium-low heat until water is absorbed.



5  
Set aside for 5 minutes, then serve.





### Bulgur with Freekeh (Roasted Green Wheat)

Packing Size	250g
PackingType	Pillow
Pcs in a Box	8
Boxes in 1 Pallet	144
Shelf Life	24 Months
Product Code	108-8DF
Barcode of Pack.	8691440306269
Languages on the Label	TR



### Bulgur with Mushroom

Packing Size	250g
PackingType	Pillow
Pcs in a Box	8
Boxes in 1 Pallet	144
Shelf Life	18 Months
Product Code	108-8DM
Barcode of Pack.	8691440305354
Languages on the Label	TR



### Bulgur with Chickpeas

Packing Size	250g
PackingType	Pillow
Pcs in a Box	8
Boxes in 1 Pallet	144
Shelf Life	18 Months
Product Code	108-8DN
Barcode of Pack.	8691440305378
Languages on the Label	TR



### Bulgur with Lentils

Packing Size	250g
PackingType	Pillow
Pcs in a Box	8
Boxes in 1 Pallet	144
Shelf Life	18 Months
Product Code	108-8DY
Barcode of Pack.	8691440305385
Languages on the Label	TR



### Bulgur with Freekeh (Roasted Green Wheat)

Packing Size	250g
PackingType	Pillow
Pcs in a Box	8
Boxes in 1 Pallet	144
Shelf Life	24 Months
Product Code	108-8FNL
Barcode of Pack.	8691440306269
Languages on the Label	NL



### Bulgur with Mushroom

Packing Size	250g
PackingType	Pillow
Pcs in a Box	8
Boxes in 1 Pallet	144
Shelf Life	18 Months
Product Code	108-8DMNL
Barcode of Pack.	8691440305354
Languages on the Label	NL



### Bulgur with Chickpeas

Packing Size	250g
PackingType	Pillow
Pcs in a Box	8
Boxes in 1 Pallet	144
Shelf Life	18 Months
Product Code	108-8DNNL
Barcode of Pack.	8691440305378
Languages on the Label	NL



### Bulgur with Lentils

Packing Size	250g
PackingType	Pillow
Pcs in a Box	8
Boxes in 1 Pallet	144
Shelf Life	18 Months
Product Code	108-8DYNL
Barcode of Pack.	8691440305385
Languages on the Label	NL





# HEALTHY WORLD FOOD FROM DURU

**DURU**  
**lival**

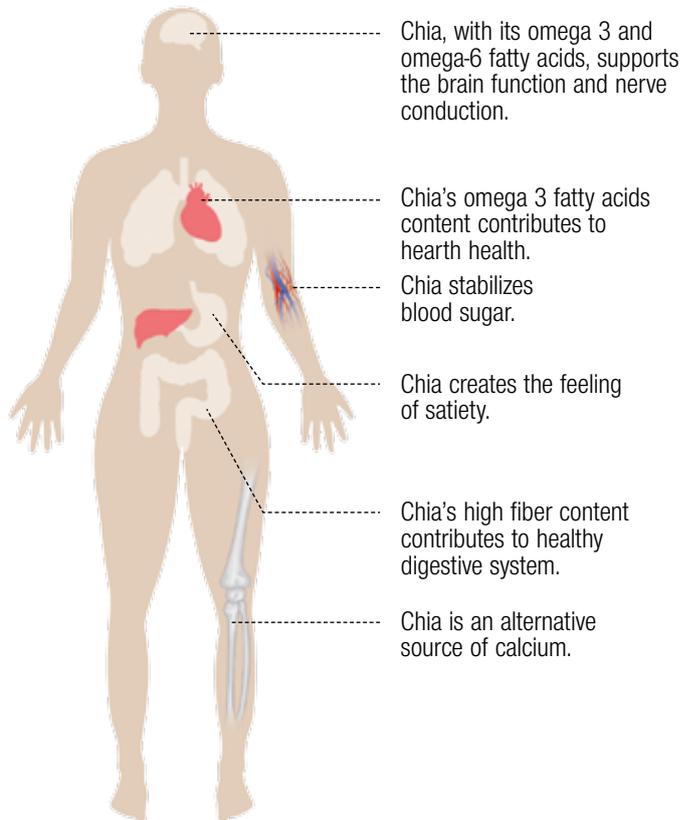


**FOR THOSE ON THE GO,  
A SHOT OF CHIA IS ALL YOU  
NEED TO KNOW. DURU LIVAL  
THE HEALTHY WAY.**

Chia in 8g shots, ready to be used in salads,  
yoghurts and any meal you'd like.

# WHY “DURU LIVAL CHIA SHOT?”

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.



## WHAT IS “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.

## 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”.

## HOW CAN I CONSUME “DURU LIVAL CHIA SHOT?”

You can mix the Chia Shot in your yoghurt, breakfast cereals or salads. You can pour 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.

## 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:

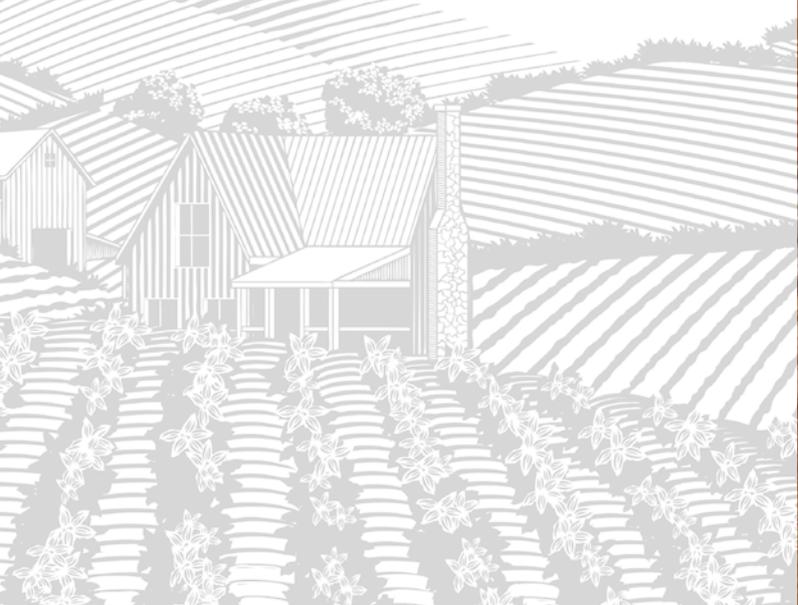
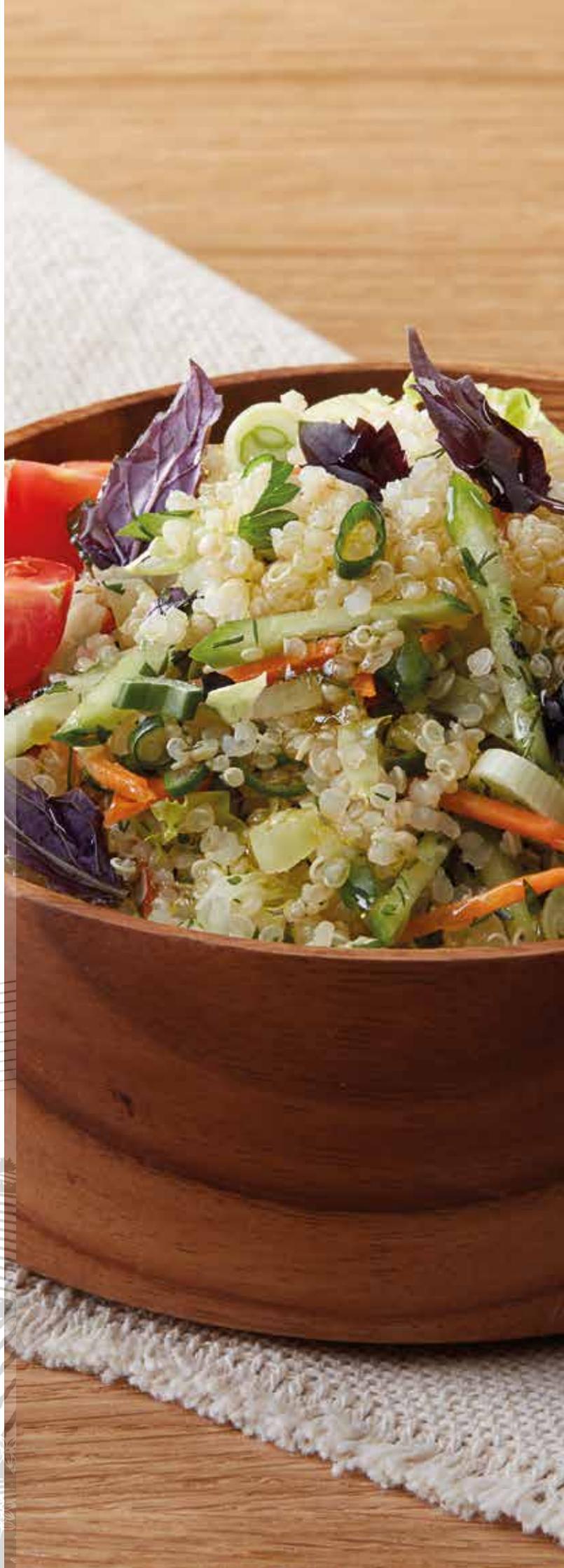
1 cup white quinoa  
1 carrot  
1 cucumber  
4 pcs. spring onion  
4 pcs. cherry tomatoes  
1 bunch parsley  
1 bunch basil  
6-7 tiny lettuce leaves  
4 tbsp. olive oil  
Juice of ½ lemon  
1 tbsp. pomegranate syrup

## 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 appetite!

## A suggestion for serving:

1 green apple  
3-4 lettuce leaves





## Çiya Aç-Kat

Packing Size	80g
PackingType	Box
Pcs in a Box	10
Boxes in 1 Pallet	224
Shelf Life	24 Months
Product Code	705-11
<b>Barcode of Pack.</b>	<b>8691440307402</b>
Languages on the Label	TR-DE-NL-FR



## Chia shot

Packing Size	80g
PackingType	Box
Pcs in a Box	10
Boxes in 1 Pallet	224
Shelf Life	24 Months
Product Code	705-11
<b>Barcode of Pack.</b>	<b>8691440307402</b>
Languages on the Label	EN



## Chia

Packing Size	250g
PackingType	Square bottom
Pcs in a Box	8
Boxes in 1 Pallet	144
Shelf Life	24 Months
Product Code	705-8
<b>Barcode of Pack.</b>	<b>8691440305965</b>
Languages on the Label	TR-DE-NL-FR



## Red Quinoa

Packing Size	250g
PackingType	Pillow
Pcs in a Box	8
Boxes in 1 Pallet	144
Shelf Life	24 Months
Product Code	702-8
<b>Barcode of Pack.</b>	<b>8691440305934</b>
Languages on the Label	TR-DE-NL-FR



## White Quinoa

Packing Size	250g
PackingType	Pillow
Pcs in a Box	8
Boxes in 1 Pallet	144
Shelf Life	24 Months
Product Code	701-8
<b>Barcode of Pack.</b>	<b>8691440305927</b>
Languages on the Label	TR-DE-NL-FR



## Mung Beans

Packing Size	250g
PackingType	Pillow
Pcs in a Box	8
Boxes in 1 Pallet	144
Shelf Life	24 Months
Product Code	703-8
<b>Barcode of Pack.</b>	<b>8691440305989</b>
Languages on the Label	TR-DE-NL-FR



## Red Beans

Packing Size	250g
PackingType	Pillow
Pcs in a Box	8
Boxes in 1 Pallet	144
Shelf Life	24 Months
Product Code	704-8
<b>Barcode of Pack.</b>	<b>8691440305972</b>
Languages on the Label	TR-DE-NL-FR



## Teff

Packing Size	250g
PackingType	Pillow
Pcs in a Box	8
Boxes in 1 Pallet	144
Shelf Life	24 Months
Product Code	713-8
<b>Barcode of Pack.</b>	<b>8691440306535</b>
Languages on the Label	TR-DE-NL-FR





ADDS FLAVOR  
TO FLAVOR

**DURU**  
Pratik

# 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 cappa 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 cappa 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 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!





## Chickpeas

Packing Size	400g
PackingType	Doypack
Pcs in a Box	16
Boxes in 1 Pallet	80
Shelf Life	24 Month
Product Code	801
Barcode of Pack.	8691440307433
Languages on the Label	TR-EN-DE-NLFR



## Black Eyed Beans

Packing Size	400g
PackingType	Doypack
Pcs in a Box	16
Boxes in 1 Pallet	80
Shelf Life	24 Month
Product Code	804
Barcode of Pack.	8691440307457
Languages on the Label	TR-EN-DE-NLFR



## White Beans

Packing Size	400g
PackingType	Doypack
Pcs in a Box	16
Boxes in 1 Pallet	80
Shelf Life	24 Month
Product Code	802
Barcode of Pack.	8691440307426
Languages on the Label	TR-EN-DE-NLFR



## Red Beans

Packing Size	400g
PackingType	Doypack
Pcs in a Box	16
Boxes in 1 Pallet	80
Shelf Life	24 Month
Product Code	803
Barcode of Pack.	8691440307440
Languages on the Label	TR-EN-DE-NLFR





# ORGANIC PRODUCTS WITH DURU QUALITY

**DURU**





**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.

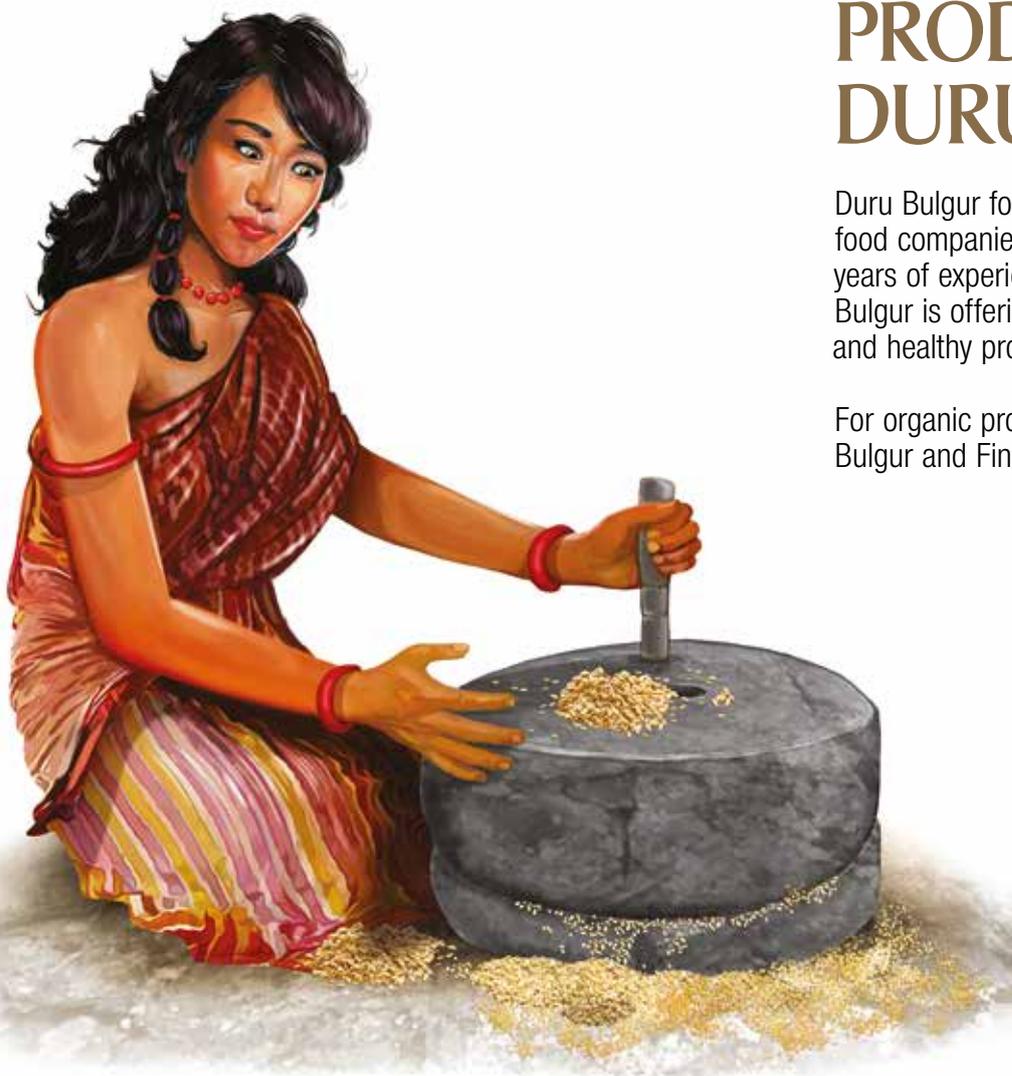
Duru Bulgur is producing ORGANIC BULGUR by using NATURAL STONES and serving healthy, natural and delicious bulgur to its valuable customers.



## 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



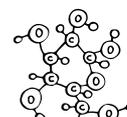
High Fiber



Rich in B Vitamins



Low glycemic index



Complex Carbohydrates

# 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.





### Organic Coarse Bulgur

Packing Size	500g
PackingType	Square bottom
Pcs in a Box	12
Boxes in 1 Pallet	150
Shelf Life	24 Months
Product Code	101-70
<b>Barcode of Pack.</b>	<b>8691440307013</b>
Languages on the Label	EN-DE



### Organic Fine Bulgur

Packing Size	500g
PackingType	Square bottom
Pcs in a Box	12
Boxes in 1 Pallet	150
Shelf Life	24 Months
Product Code	102-70
<b>Barcode of Pack.</b>	<b>8691440307020</b>
Languages on the Label	EN-DE



### Organic Coarse Bulgur

Packing Size	25kg
PackingType	Bulk
Pcs in a Box	
Bags in 1 Pallet	40
Shelf Life	24 Months
Product Code	131-0
<b>Barcode of Pack.</b>	<b>8691440306283</b>
Languages on the Label	TR-EN-DE



### Organic Fine Bulgur

Packing Size	25kg
PackingType	Bulk
Pcs in a Box	
Bags in 1 Pallet	40
Shelf Life	24 Months
Product Code	132-0
<b>Barcode of Pack.</b>	<b>8691440306290</b>
Languages on the Label	TR-EN-DE





EU LABEL





### Extra Extra Coarse Bulgur

Packing Size	1000g
PackingType	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-FIES-PT-IT-HU



### Extra Coarse Bulgur

Packing Size	1000g
PackingType	Pillow
Pcs in a Box	12
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-FIES-PT-IT-HU



### Coarse Bulgur

Packing Size	1000g
PackingType	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-FIES-PT-IT-HU



### Coarse Bulgur

Packing Size	5000g
PackingType	Pillow
Pcs in a Box	4
Boxes in 1 Pallet	50
Shelf Life	24 Months
Product Code	111-2DD
Barcode of Pack.	8691440105008
Languages on the Label	TR-DA-SV-NO-FIES-PT-IT-HU



### Medium Coarse Bulgur

Packing Size	1000g
PackingType	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-FIES-PT-IT-HU



### Fine Bulgur

Packing Size	1000g
PackingType	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-FIES-PT-IT-HU



### Extra Fine Bulgur

Packing Size	1000g
PackingType	Pillow
Pcs in a Box	12
Boxes in 1 Pallet	80
Shelf Life	24 Months
Product Code	103-DD
Barcode of Pack.	8691440301004
Languages on the Label	TR-DA-SV-NO-FIES-PT-IT-HU



### Brown Coarse Bulgur

Packing Size	1000g
PackingType	Pillow
Pcs in a Box	12
Boxes in 1 Pallet	80
Shelf Life	24 Months
Product Code	105-DD
Barcode of Pack.	8691440501008
Languages on the Label	TR-DA-SV-NO-FIES-PT-IT-HU



### Brown Fine Bulgur

Packing Size	1000g
PackingType	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-FIES-PT-IT-HU



### Coarse Bulgur With Vermicelli

Packing Size	1000g
PackingType	Pillow
Pcs in a Box	12
Boxes in 1 Pallet	80
Shelf Life	24 Months
Product Code	101TS-DD
Barcode of Pack.	8691440305439
Languages on the Label	TR-DA-SV-NO-FLES-PT-IT-HU



### Round Red Lentils

Packing Size	1000g
PackingType	Pillow
Pcs in a Box	12
Boxes in 1 Pallet	80
Shelf Life	24 Months
Product Code	301-DD
Barcode of Pack.	8691440710349
Languages on the Label	TR-DA-SV-NO-FLES-PT-IT-HU



### Split Red Lentils

Packing Size	1000g
PackingType	Pillow
Pcs in a Box	12
Boxes in 1 Pallet	80
Shelf Life	24 Months
Product Code	304-DD
Barcode of Pack.	8691440710356
Languages on the Label	TR-DA-SV-NO-FLES-PT-IT-HU



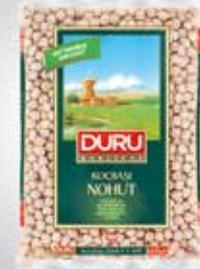
### Green Lentils

Packing Size	1000g
PackingType	Pillow
Pcs in a Box	12
Boxes in 1 Pallet	80
Shelf Life	24 Months
Product Code	303-DD
Barcode of Pack.	8691440710363
Languages on the Label	TR-DA-SV-NO-FLES-PT-IT-HU



### White Beans (7mm)

Packing Size	1000g
PackingType	Pillow
Pcs in a Box	12
Boxes in 1 Pallet	80
Shelf Life	24 Months
Product Code	402-DD
Barcode of Pack.	8691440710394
Languages on the Label	TR-DA-SV-NO-FLES-PT-IT-HU



### Chickpeas (9mm)

Packing Size	1000g
PackingType	Pillow
Pcs in a Box	12
Boxes in 1 Pallet	80
Shelf Life	24 Months
Product Code	501-DD
Barcode of Pack.	8691440710431
Languages on the Label	TR-DA-SV-NO-FLES-PT-IT-HU



### Chickpeas (8mm)

Packing Size	1000g
PackingType	Pillow
Pcs in a Box	12
Boxes in 1 Pallet	80
Shelf Life	24 Months
Product Code	502-DD
Barcode of Pack.	8691440710448
Languages on the Label	TR-DA-SV-NO-FLES-PT-IT-HU



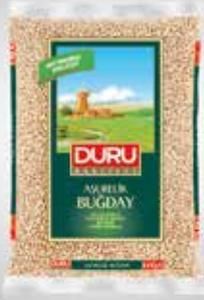
### Chickpeas

Packing Size	1000g
PackingType	Pillow
Pcs in a Box	12
Boxes in 1 Pallet	80
Shelf Life	24 Months
Product Code	503-DD
Barcode of Pack.	8691440720003
Languages on the Label	TR-DA-SV-NO-FLES-PT-IT-HU



### Popcorn

Packing Size	1000g
PackingType	Pillow
Pcs in a Box	12
Boxes in 1 Pallet	80
Shelf Life	24 Months
Product Code	601-DD
Barcode of Pack.	8691440710455
Languages on the Label	TR-DA-SV-NO-FLES-PT-IT-HU



## Peeled wheat

Packing Size	1000g
PackingType	Pillow
Pcs in a Box	12
Boxes in 1 Pallet	80
Shelf Life	24 Months
Product Code	406-DD
Barcode of Pack.	8691440710332
Languages on the Label	TR-DA-SV-NO-FLES-PT-ITHU



## Buckwheat (Greçka)

Packing Size	1000g
PackingType	Pillow
Pcs in a Box	12
Boxes in 1 Pallet	80
Shelf Life	24 Months
Product Code	407-DD
Barcode of Pack.	8691440305330
Languages on the Label	TR-DA-SV-NO-FLES-PT-ITHU







# ENGLISH LABEL





### Extra Extra Coarse Bulgur

Packing Size	1000g
PackingType	Square bottom
Pcs in a Box	10
Boxes in 1 Pallet	77
Shelf Life	24 Months
Product Code	108USA
Barcode of Pack.	8691440307037
Languages on the Label	EN-FR-TR



### Extra Coarse Bulgur

Packing Size	1000g
PackingType	Square bottom
Pcs in a Box	10
Boxes in 1 Pallet	77
Shelf Life	24 Months
Product Code	104USA
Barcode of Pack.	8691440401001
Languages on the Label	EN-FR-TR



### Coarse Bulgur

Packing Size	1000g
PackingType	Square bottom
Pcs in a Box	10
Boxes in 1 Pallet	77
Shelf Life	24 Months
Product Code	101USA
Barcode of Pack.	8691440101000
Languages on the Label	EN-FR-TR



### Medium Coarse Bulgur

Packing Size	1000g
PackingType	Square bottom
Pcs in a Box	10
Boxes in 1 Pallet	77
Shelf Life	24 Months
Product Code	107USA
Barcode of Pack.	8691440710172
Languages on the Label	EN-FR-TR



### Fine Bulgur

Packing Size	1000g
PackingType	Square bottom
Pcs in a Box	10
Boxes in 1 Pallet	77
Shelf Life	24 Months
Product Code	102USA
Barcode of Pack.	8691440200109
Languages on the Label	EN-FR-TR



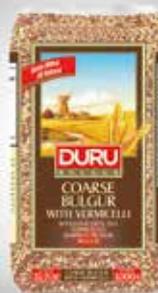
### Extra Fine Bulgur

Packing Size	1000g
PackingType	Square bottom
Pcs in a Box	10
Boxes in 1 Pallet	77
Shelf Life	24 Months
Product Code	103USA
Barcode of Pack.	8691440301004
Languages on the Label	EN-FR-TR



### Brown Fine Bulgur

Packing Size	1000g
PackingType	Square bottom
Pcs in a Box	10
Boxes in 1 Pallet	77
Shelf Life	24 Months
Product Code	109USA
Barcode of Pack.	8691440306597
Languages on the Label	EN-FR-TR



### Coarse Bulgur With Vermicelli

Packing Size	1000g
PackingType	Square bottom
Pcs in a Box	10
Boxes in 1 Pallet	77
Shelf Life	24 Months
Product Code	101TS-USA
Barcode of Pack.	8691440306566
Languages on the Label	EN-FR-TR



### Baldo Rice

Packing Size	1000g
PackingType	Square bottom
Pcs in a Box	10
Boxes in 1 Pallet	77
Shelf Life	24 Months
Product Code	201USA
Barcode of Pack.	8691440710301
Languages on the Label	EN-FR-TR



### Osmancik Rice

Packing Size	1000g
PackingType	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
PackingType	Square bottom
Pcs in a Box	10
Boxes in 1 Pallet	77
Shelf Life	24 Months
Product Code	304USA
Barcode of Pack.	8691440710356
Languages on the Label	EN-FR-TR



### White Kidney Beans

Packing Size	1000g
PackingType	Square bottom
Pcs in a Box	10
Boxes in 1 Pallet	77
Shelf Life	24 Months
Product Code	401USA
Barcode of Pack.	8691440710387
Languages on the Label	EN-FR-TR



### Chickpeas (9mm)

Packing Size	1000g
PackingType	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
PackingType	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



### Fine Bulgur

Packing Size	500g
PackingType	Square bottom
Pcs in a Box	12
Boxes in 1 Pallet	150
Shelf Life	24 Months
Product Code	102-7ENG
Barcode of Pack.	8691440305590
Languages on the Label	EN



### Coarse Bulgur

Packing Size	500g
PackingType	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
PackingType	Square bottom
Pcs in a Box	12
Boxes in 1 Pallet	150
Shelf Life	24 Months
Product Code	104-7ENG
Barcode of Pack.	8691440305866
Languages on the Label	EN



### Brown Coarse Bulgur

Packing Size	1000g
PackingType	Square bottom
Pcs in a Box	10
Boxes in 1 Pallet	77
Shelf Life	24 Months
Product Code	105USA
Barcode of Pack.	8691440501008
Languages on the Label	EN-FR-TR



## Jerish

Packing Size	1000g
PackingType	Square bottom
Pcs in a Box	10
Boxes in 1 Pallet	77
Shelf Life	24 Months
Product Code	102SUSA
Barcode of Pack.	8691440306245
Languages on the Label	EN-FR-TR







# ARABIC LABEL





### Extra Extra Coarse Bulgur

Packing Size	1000g
PackingType	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
PackingType	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



### Fine Bulgur

Packing Size	1000g
PackingType	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



### Brown Coarse Bulgur

Packing Size	1000g
PackingType	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



### Brown Fine Bulgur

Packing Size	1000g
PackingType	Square bottom
Pcs in a Box	10
Boxes in 1 Pallet	77
Shelf Life	24 Months
Product Code	109-12A
Barcode of Pack.	8691440503002
Languages on the Label	AR-FR-EN



### Split Red Lentils

Packing Size	1000g
PackingType	Square bottom
Pcs in a Box	10
Boxes in 1 Pallet	77
Shelf Life	24 Months
Product Code	304A
Barcode of Pack.	8691440710356
Languages on the Label	AR-FR-EN



### White Kidney Beans

Packing Size	1000g
PackingType	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
PackingType	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



### Freekeh (Green Roasted Wheat)

Packing Size	1000g
PackingType	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







**OTHER  
LABELS**





### Extra Extra Coarse Bulgur

Packing Size	500g
PackingType	Square bottom
Pcs in a Box	12
Boxes in 1 Pallet	150
Shelf Life	24 Months
Product Code	108-7BH
Barcode of Pack.	8691440305606
Languages on the Label	SQ-BS



### Coarse Bulgur

Packing Size	500g
PackingType	Square bottom
Pcs in a Box	12
Boxes in 1 Pallet	150
Shelf Life	24 Months
Product Code	101-7BH
Barcode of Pack.	8691440305583
Languages on the Label	SQ-BS



### Fine Bulgur

Packing Size	500g
PackingType	Square bottom
Pcs in a Box	12
Boxes in 1 Pallet	150
Shelf Life	24 Months
Product Code	102-7BH
Barcode of Pack.	8691440305590
Languages on the Label	SQ-BS



### Peeled Wheat

Packing Size	500g
PackingType	Square bottom
Pcs in a Box	12
Boxes in 1 Pallet	150
Shelf Life	24 Months
Product Code	406-7BH
Barcode of Pack.	8691440305675
Languages on the Label	SQ-BS



### Coarse Bulgur

Packing Size	1000g
PackingType	Square bottom
Pcs in a Box	10
Boxes in 1 Pallet	96
Shelf Life	24 Months
Product Code	101-10CH
Barcode of Pack.	8691440101000
Languages on the Label	DE-TR-EN



### Coarse Bulgur

Packing Size	1000g
PackingType	Square bottom
Pcs in a Box	10
Boxes in 1 Pallet	96
Shelf Life	24 Months
Product Code	101-10DK
Barcode of Pack.	8691440101000
Languages on the Label	DA



### Extra Extra Coarse Bulgur

Packing Size	1000g
PackingType	Pillow
Pcs in a Box	12
Boxes in 1 Pallet	80
Shelf Life	24 Months
Product Code	108NIG
Barcode of Pack.	8691440601005
Languages on the Label	EN





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