

Ke?kek

Traditional Turkish Ke?kek recipe with meat and bulgur wheat. UNESCO-protected dish perfect for special occasions. Step-by-step cooking guide.

20 min

HAZIRLIK

50 min

PI?IRME

1h 10min

TOPLAM

4

PORSIYON

Hard

ZORLUK

Ke?kek

Malzemeler

- 2 cup wheat
- 0.6 lb lamb
- 1 tbsp butter
- 1 onion
- 1 tsp salt
- 1 tsp black pepper

Yap?l???

- Prepare the bulgur wheat**

Place 2 cups of bulgur wheat in a large bowl and cover with warm water by 2 inches. Soak overnight or for at least 8 hours until the grains are softened and have absorbed most of the water.
- Cook the meat**

Place 0.6 lb of bone-in meat in a large heavy-bottomed pot and cover with 6 cups of cold water. Bring to a boil over high heat, then reduce to medium-low and simmer for 60-75 minutes until the meat easily falls off the bone when pierced with a fork.
- Prepare the meat and broth**

Remove the meat from the pot and let cool for 10 minutes until safe to handle. Strain the cooking liquid through a fine-mesh sieve and reserve 4 cups of the clear broth. Shred the meat into small pieces, discarding all bones, skin, and fat.
- Drain and rinse bulgur**

Drain the soaked bulgur wheat in a fine-mesh sieve and rinse under cold running water until the water runs clear, about 2 minutes. Press gently to remove excess water.
- Cook bulgur with broth**

Return the drained bulgur to the same pot and add 3 cups of the reserved warm broth. Bring to a boil over medium-high heat, then reduce to low and simmer for 30 minutes, stirring every 5 minutes to prevent sticking.
- Add meat and continue cooking**

Stir the shredded meat into the bulgur mixture along with 1 tsp salt and 1 tsp black pepper. Continue simmering on low heat for 20 minutes, adding more broth as needed to maintain a porridge-like consistency.

7 Blend to creamy texture

Using an immersion blender, blend the mixture directly in the pot for 2-3 minutes until it reaches a smooth, creamy consistency similar to thick oatmeal. Alternatively, beat vigorously with a wooden spoon for 8-10 minutes until smooth.

8 Make spiced butter topping

Heat 1 tbsp butter in a small skillet over medium heat until melted and lightly foaming, about 1 minute. Remove from heat and stir in 1 tsp red pepper flakes until fragrant.

9 Serve hot

Ladle the hot ke?kek into individual serving bowls and drizzle each portion with the spiced butter mixture. Serve immediately while steaming hot.

?puçlar?

Soak the bulgur wheat overnight in warm water to reduce cooking time and ensure even cooking.

Use bone-in meat for the best flavor - the bones add richness to the broth that enhances the final dish.

Don't rush the cooking process; slow, gentle simmering develops the complex flavors that make ke?kek special.

Save the meat cooking liquid and use it to adjust the consistency - it's packed with flavor.

Use an immersion blender for easier texture control, but traditional wooden spoon pounding gives the most authentic result.

Season gradually throughout cooking rather than all at once - the flavors concentrate as the liquid reduces.

Serve immediately after preparing the butter and pepper topping for the best presentation and flavor.

Make extra portions - ke?kek tastes even better the next day and freezes beautifully.