

## Bulgur vs Couscous (vsdiff.com)

Characteristic	Bulgur	Couscous
<b>Primary raw material</b>	Parboiled whole wheat (cracked)	Durum wheat semolina (rolled into granules)
<b>Processing</b>	Steamed, dried, then <i>cracked</i>	Rolled/rolled and <i>steamed</i> into pellets (varies by type)
<b>Typical texture</b>	Chewy, slightly <b>nutty</b>	Light, granular, <b>pillowy</b> when steamed
<b>Regional origin</b>	Levant / Anatolia (ancient, ~Bronze Age or earlier)	North Africa (Maghreb), developed over many centuries, often attributed to medieval period)
<b>Cooking / prep time</b>	Varies by grind: 5-20 <i>minutes</i> (soaking or simmering)	Varies: instant ~5 min hydrate; traditional steaming ~10-20 minutes
<b>Nutritional highlights (cooked)</b>	Generally higher <b>dietary fiber</b> and micronutrients due to whole-grain content	Often lower fiber when made from refined semolina; whole-wheat options increase fiber
<b>Common culinary use</b>	Pilafs, salads (e.g., <i>tabbouleh</i> ), stuffings	Accompaniment to stews, salads (e.g., <i>couscous salad</i> ), steamed mains

Source: <https://vsdiff.com/bulgur-vs-couscous/>