

TASTE BUD TANTALIZING TABOULI

Recipe: Julie Ann Sageer, Lebanese Cuisine

Serves: 4-6 ♦ prep time: 20 minutes ♦ total time: 30 minutes

Finely and freshly chopped parsley, scallions, tomatoes, mint and bulgur wheat combine together with fresh lemon juice, extra virgin olive oil, sea salt and pepper making for a light and refreshing classic Middle Eastern salad that is incredibly burstful to the taste. This salad typically accompanies most Lebanese dishes and is served in the mezze as well as along side the main courses with crisp hearts of romaine lettuce leaves.



- 2 parsley bunches (2 cups), very finely chopped (thick stems removed) * preferably flat leaf parsley
- 4 scallions (trimmed) (1/3 cup), finely diced
- 3 “tomatoes on the vine” (3/4 cup), finely diced (medium sized) * ripe tomatoes
- 1/4 cup fresh mint leaves, finely chopped (stems removed)
- 1/2 cup bulgur wheat (fine cut), moist
- 2 lemons (1/2 cup), freshly squeezed
- 1/3 cup extra virgin olive oil
- 1 tsp. sea salt
- 1/2 tsp. ground pepper

preparation:

1 First pre-wash and dry 2 parsley bunches; stand to dry on counter top until majority of moisture is completely removed. Next, place 1/2 cup bulgur wheat in small bowl with warm water, set aside. Now, cut end stems off parsley bunches, remove thick stems throughout. Chop up each parsley bunch a few times then place in food processor (or chop by hand), chopping thoroughly (until parsley is extremely fine). Transfer to large mixing bowl.

2 Now trim and finely chop 4 scallions- both green and white (1/3 cup), 3 “tomatoes on the vine,” (3/4 cup), fresh mint leaves (1/4 cup), add to large mixing bowl. By now the bulgur wheat should be softened (make sure, by squeezing the grain between fingertips, it should be completely soft, no hardness). If it is still firm then set aside, continue to soak and move along to the proceeding steps, you will add it later when it’s ready.

3 Otherwise, continue by thoroughly squeezing out all the water from three handfuls of moistened bulgur wheat (1/2 cup), add to mixing bowl. Then add 1/2 cup fresh lemon juice, 1/3 cup extra virgin olive oil, 1 tsp. sea salt, 1/2 tsp. ground pepper to mixing bowl, mix all ingredients generously together, should be juicy but not oily.

4 When ready to enjoy: Complete with additional diced “tomatoes on the vine” in the center of the tabouli, best eaten with crisp hearts of romaine lettuce. Ideally prepared and mixed right before serving, room temperature or maybe chilled (1 hour) as well prior to serving.

tip time:

- 1** By pre-rinsing and drying out parsley allows your tabouli not to turn out soaked and soggy.
- 2** In soaking your bulgur wheat first allows it to moisten up and be ready by the time you need it.
- 3** For 6 to 8 servings double the recipe.