

Taboule

This recipe for parsley and bulgur, or bulgur salad, is from Syria and Lebanon. Bulgur is commonly known as cracked wheat in America. Taboule salad is also referred to as tabboula salad and is the most common salad served as an appetizer. Even though tomatoes are a New World food, they were readily adopted by the peoples of the Arab World. They greatly enhance this dish, so they have been included in the recipe.

Ingredients

3/4 cup bulgur
2 medium, firm, ripe tomatoes
1 garlic clove
1 cup fresh scallions
1 large bunch of parsley
2 Tbs. fresh mint leaves
1/4 cup olive oil
1/4 cup lemon juice
salt
black pepper
romaine lettuce leaves
water

Utensils

knife and cutting board
measuring cup
measuring spoons
strainer
mixing bowl
wooden spoon
lemon reamer
serving bowl

This dish is seasoned to taste. Place the bulgur in a bowl and cover it with water. Let stand for 15 minutes. Drain by placing the bulgur in a strainer and use the back of a spoon to press all the moisture out. Place the bulgur in the mixing bowl. While the bulgur is soaking, peel and crush the garlic into small bits. Juice the lemon. Finely chop the mint and scallions, discarding the roots. Dice the tomatoes. Remove the parsley leaves from the stems and finely chop the leaves. Wash the lettuce leaves, shake out the water, and line a salad bowl with the leaves. The dish can be prepared up to this point in advance. Add all the remaining ingredients except the lettuce to the bulgur. Mix well. Place the taboule on top of the lettuce leaves and serve. Taboule can be made in advance of the meal, and stores extremely well in the refrigerator in an airtight container or in a serving bowl covered in plastic wrap.