



TABOULLEH BACKGROUND

Recipe background: Here's an ancient Middle Eastern dish made with bulgur (cracked wheat). Bulgur was a whole grain that could be stored over long journeys in the desert. It does not require cooking. It's steamed and then dried. You only need to soak it before eating it. Adults and kids of all ages love the lemony tang of this dish! It is really delicious in summer, when tomatoes are vine-ripe and sweet and mint is fresh and strong. At home, mix it up with your hands – it's fun! Look for bulgur in health food stores, Middle Eastern markets as well as in some supermarkets. This salad will sit in the refrigerator and improve in flavor for 3-4 days. It's great for a party and can be made in advance. Other tasty additions would be sprouts, olives, and some feta cheese.

Nutrition: Tabouleh's parsley is rich in calcium and vitamins A and C. Lemon juice is also full of vitamin C to boost your immune system. Bulgur is the main source of carbohydrates and also contains many vitamins, iron and it's an excellent source of fiber. The chick peas give you protein and heart-healthy fiber.

Middle Eastern Food: The Middle East is home to some of the earliest civilizations and so it was the place where many popular foods were first made like bread, barley, pistachios, figs, pomegranates, dates and beer! Since so much trading happened in this area, other cultures also gave the Middle East some other staple foods like coffee from Turkey, yogurt from Russia, spices from India, okra from Africa, and tomatoes from America. Now the Middle East known for it's heart-healthy food culture, aromatic spices and gentle flavors. Tahini, or sesame paste, is a very important food that is added to many dips and sauces.

Both the Jews and Muslims that live in the region don't eat pork so there is a lot of lamb in their diet. In Islam the left hand is considered unclean. Remember to eat and serve Middle Eastern food with your right hand!





TABOULLEH RECIPE

Prep Time: **30 minutes** Cook Time: **None** Makes: **20 tasting servings**
Recipe by Lynn Fredericks

Cultural Background:

Where in the world? Middle East

Staple Food: wheat and beans

Did you know? Pita bread is often used instead of a fork when dining on Middle Eastern Cuisine!

Nutrition: This dish is rich in...

Carbs: bulgur

Protein: chick peas

Good Fat: olive oil

Vitamins and Minerals: all!

Fruit, veggies & herbs are rich in Vitamins C & A and fiber!

Ingredients:

2 cups Bulgur, #2 (medium) grade
2 Ripe Tomatoes
1 bunch Scallions
1 bunch Mint, fresh
1 bunch Parsley, fresh
1 can Chick Peas (Garbanzo Beans)
3 Lemons
½ cup Olive Oil
 Kosher Salt to taste
 freshly ground Pepper to taste

Directions:

1. **WASH** all the produce.
2. **FILL** a large bowl halfway with hot tap water. **STIR** the bulgur into the bowl of hot water. **LET** it stand for about 20 to 30 minutes until the water is absorbed, but the bulgur is not mushy.
3. While the bulgur is soaking, **CHOP** tomatoes and scallions. **PLACE** the chopped veggies in a large mixing bowl.
4. **WASH** and **PAT** the herbs dry. **PLUCK** the mint and parsley leaves from their stems and **DISCARD** the stems. **CHOP** the leaves and **ADD** to the bowl.
5. **DRAIN** the bulgur of excess water.



TEEN BATTLE CHEF

Summer Leadership Brigade



6. **SQUEEZE** the excess water out of the bulgur one handful at a time. **PUT** the squeezed handful in the salad bowl. This makes sure the tabouleh is not mushy from too much water.
7. **OPEN** the can of chick peas and carefully **DISCARD** the sharp lid. **RINSE** the peas and then **ADD** to the bowl.
8. **SQUEEZE** the juice from the lemons into the salad.
9. **ADD** the olive oil.
10. **MIX** everything up with your hands or large mixing spoon.
11. **ADJUST** seasoning to taste with salt and pepper.





TABOULLEH INGREDIENT & EQUIPMENT CHECKLIST

PERISHABLE INGREDIENTS

- 2 Tomatoes
- 1 bunch Scallions
- 1 bunch Mint
- 1 bunch Parsley
- 3 Lemons

NON-PERISHABLE INGREDIENTS

- 2 cups Bulgur, #2 (medium grade)
- 1/2 cup Olive Oil
- 14 ounce can of Chickpeas
- Kosher Salt to taste
- Pepper to taste

COMMON EQUIPMENT

- Chef's Knife
- Cutting Boards
- Measuring Spoons & Cups
- Wooden Spoon
- Colander
- 10 *Mise en Place* Bowls
- 1 Large Mixing Bowl

SPECIAL EQUIPMENT

- Can Opener

DISPOSABLE SUPPLIES

- Paper Towels
- Napkins
- Tasting Spoons

SUPPLIES

- Bowls
- Forks

