

# 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 dessert. 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:** Taboulleh'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:** 

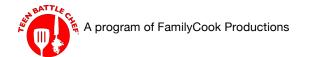
Where in the world? Middle East Staple Food: wheat and beans Did you know? Pita bread is often used instead of a fork when dining on Middle Eastern Cuisine! Nutrition: This dish is rich in... Carbs: bulgur Protein: chick peas Good Fat: olive oil Vitamins and Minerals: all! Fruit, veggies & herbs are 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 |
|         |                                |

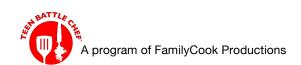
#### **Directions:**

- **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.





- 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 taboulleh 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  | NON-PERISHABLE INGREDIENTS  |
|---|---|
| <ul> <li>2 Tomatoes</li> <li>1 bunch Scallions</li> <li>1 bunch Mint</li> <li>1 bunch Parsley</li> <li>3 Lemons</li> </ul>  | <ul> <li>2 cups Bulgur, #2 (medium grade)</li> <li>1/2 cup Olive Oil</li> <li>14 ounce can of Chickpeas</li> <li>Kosher Salt to taste</li> <li>Pepper to taste</li> </ul> |
| COMMON EQUIPMENT  | SPECIAL EQUIPMENT   |
| <ul> <li>Chef's Knife</li> <li>Cutting Boards</li> <li>Measuring Spoons &amp; Cups</li> <li>Wooden Spoon</li> <li>Colander</li> <li>10 <i>Mise en Place</i> Bowls</li> <li>1 Large Mixing Bowl</li> </ul> | Can Opener  |
| DISPOSABLE SUPPLIES   | SUPPLIES  |
| <ul> <li>Paper Towels</li> <li>Napkins</li> <li>Tasting Spoons</li> </ul>   | <ul><li>Bowls</li><li>Forks</li></ul>   |

