








Season:	summer and autumn
From the garden:	kale, mint, parsley, cucumber and tomatoes
Type:	salad
Difficulty:	moderate
Country of origin:	Middle East
Serves:	6-8 as a side / approx. 30 tastes



Equipment:

-  heatproof bowl
-  heatproof measuring cup
-  sieve
-  chopping board
-  cook's knife
-  salad bowl
-  lemon squeezer

Ingredients

-  ¼ cup fine or medium bulghur wheat
-  ½ cup boiling water
-  6-8 large curly kale leaves
-  2 cups each of mint and curly parsley leaves (once picked from the stalk)
-  2 large tomatoes or 2 handfuls of cherry tomatoes
-  2 Lebanese cucumbers or ½ telegraph cucumber
-  1 spring onion or ½ small red onion
-  ¼ cup freshly squeezed lemon juice
-  ¼ cup good extra virgin olive oil
-  sea salt to taste



How to make it

1. Place the bulghur wheat in a heatproof bowl. Carefully measure the boiling water and pour over the wheat. Cover with a plate and leave for approximately 15 minutes or until the wheat is tender but still has a bite to it (al dente). Drain and leave to cool in the sieve.
2. Pick the mint and parsley leaves from the stalks to make 2 cups of each, when packed down well. Put them in a sieve and wash them. Shake or spin out the water.
3. Cut the kale leaves from the hard stalk and wash and dry these also. Put the stalks in the compost bucket.
4. Gather the mint into a pile and chop the leaves finely. Add to the salad bowl.
5. Do the same with the parsley and then the kale. It is important the leaves are all chopped very fine.
6. Chop large tomatoes into small pieces or halve the cherry tomatoes.
7. Cut the cucumber in half lengthways and then cut into small pieces the same size as the tomatoes.
8. Add to the greens in the bowl.
9. Before adding the bulghar wheat, press down well on it in the sieve to make sure all the water is squeezed out (if it is very wet tip it onto a clean tea towel, roll up and squeeze tightly). Add the wheat to the vegetables along with the lemon juice and olive oil and mix well. Season with salt and taste.
10. The salad can be eaten right away, or kept in the fridge for up to three days. If you make it in advance, toss the salad again before serving to redistribute the juices.

Notes:

You can eat the salad on its own or with some grilled bread. Or, serve it as a side as part of a meal.

As a variation crumble over some feta cheese before serving.

Bulghur wheat is also known as bulgar or burghul. It is a nutritious staple of the Middle East and is made from wheat kernels that have been steamed, dried and crushed. It can be found in fine, medium and course grinds.

NB: In traditional tabbouleh the vegetables are the major component and the bulghur is lightly scattered throughout.

Skills

chopping
seasoning

