



Tabbouleh

Season: Summer

Type: Salads

Difficulty: Easy

Serves: 30 tastes in the classroom
or 6 serves at home

Fresh from the garden: tomatoes, cucumbers, spring onions, garlic, parsley, mint, lemons

Recipe Source: Stephanie Alexander's *Kitchen Garden Cooking with Kids* (Penguin, 2006).

Tabbouleh needs plenty of parsley. When ready to serve, the mixture should look brightly coloured with the red of the tomatoes and the green of the herbs. Use it to fill pita pocket breads and then add some falafel, lamb burgers or labna balls.

Equipment:

metric measuring spoons and cups
bowls – 1 small, 1 medium
tablespoon
large strainer
2 tea towels
chopping board
knives – 1 large, 1 serrated
peeler
lemon juicer
serving bowl

Ingredients:

1 cup cracked wheat
6 tomatoes
2 long cucumbers or 4 small
4 spring onions
2 garlic cloves
very large bunch parsley
handful mint leaves
1 lemon
2 tablespoons extra-virgin olive oil
salt
freshly ground black pepper



What to do:

- Place the cracked wheat in the medium bowl and cover with cold water. Soak for 10 minutes, then tip into the strainer. Press out as much liquid as possible with the back of the tablespoon.
- Tip the cracked wheat into one of the tea towels (choose one that's thick) and roll it like a sausage. Two people are now needed to each hold one end of the tea-towel sausage and to twist in opposite directions to squeeze even more liquid from the grains. Rinse and dry the medium bowl, then unwrap the 'sausage' and carefully shake the cracked wheat into the bowl.
- Set out the chopping board and knives. As you chop the following ingredients place them in the bowl with the cracked wheat. Cut the tomatoes into small dice using the serrated knife. Peel and dice the cucumber. Trim the outside layer from the spring onions, cut off their tops and ends, then finely slice the rest. Peel and finely chop the garlic.
- Rinse the parsley and mint and dry in the second tea towel. Chop the herbs and add to the other ingredients. Juice the lemon. In the small bowl, mix the oil and lemon juice to make a dressing, then add to the medium bowl. Mix everything together and taste for salt and pepper. Spread the herbs evenly throughout. Transfer the tabbouleh to the serving bowl and serve.