

## Tabouli



When I was a kid growing up in the 70's, my parents hosted a lot of dinner parties. One of the staples at these gatherings (probably given the abundance of tomatoes, mint, parsley, scallions, and cucumbers my dad grew) was tabouli. I did not like it at all and never ate it. Years later, on a summer visit home from college or shortly thereafter, I tried it again. Loved it. Could not get enough of it. Since then, it has become a staple of our summer entertaining (we also have many of these things growing). My Dad's basic recipe has been modified from his purist version to include some additional ingredients.

When I originally sent this recipe to my friend Pat, she called and said, "what about the step where you use your hands on the scallions to get the flavor in"? This recipe includes that step!

- 1 cup dry bulgur wheat
- 1 1/2 cups boiling water
- 1 – 1 1/2 tsp. kosher salt (more to taste)
- juice of 2 lemons
- 1/4 cup olive oil
- fresh ground black pepper, to taste
- bunch of scallions minced (when I don't have these I use chives from my garden-a fistful)
- 1/2-1 cup minced parsley \*
- 1/2-1 cup minced mint \*
- 1 box cherry or grape tomatoes (or a cup) cut in half
- 1 cup cooked chickpeas (or a can) (optional)
- 1/2 cup sliced or cut in half kalamata olives (optional)
- 8-12 radishes chopped (rough)
- 1 cucumber diced (English are good, if very seedy remove seeds)

Combine bulgur and boiling water. Cover and let stand until all the water is absorbed or leave it for an hour and come back.

Add the parsley, mint and scallions to the bulgur in a big bowl, mixing with your hands pressing the herbs into the bulgur is a family tradition but mixing with a spoon is fine. I then add the salt, pepper, olive oil and lemon tossing it all together. Then add the other ingredients, tomatoes last just so they don't get beat up. Leave for for least an hour (or several) in fridge for the flavors to combine. It can be served chilled although I think it is better at room temperature.

\*I use equal amounts roughly of mint and parsley, but it is not exact science, play around with taste. In fact none of the ingredients need to be exact, play around to taste. I have seen some recipes call for fresh garlic and some with green pepper.

Experiment and enjoy!