

# Garlic and Parsley Are Vegetables!

By Chef Tor Sporré©

## Real Middle Eastern Tabuleh

This recipe was inspired by my friend, Arpiar, chef from Lebanon, now practicing in Manhattan's "Curry Hill", Lex at 28<sup>th</sup> St. He shared the traditional no cook-no water method of preparing the bulghur for tabuleh creating an incredibly light and fluffy tabuleh. This version uses the vegetable moisture and lemon juice to "cook it." Try it and see if you don't agree. My California holistic orientation complements this classic with the suggested garnishes like avocado and roasted red bell peppers.

*3! bunches Italian flat leaf parsley, leaves only, finely chopped*  
*2 C bulghur wheat (fine #1)*  
*1 med or lg lemon, juiced (zest\* if desired)*  
*3 ripe tomatoes, finely chopped all juices reserved*  
*1/3 C ev olive oil, or to taste*  
*Salt and pepper*

Put the bulghur in a large bowl. Add the remaining ingredients and gently mix well. Cover with a dish, kitchen towel or plastic film. Let sit 15 minutes and gently mix well. Repeat. Serve chilled or at room temperature.

**Optional:** additional favorite herbs like basil, dill, coriander leaf, mint (not my favorite), chopped or in chiffonade

**Garnishes:** small dice of avocado, cucumber, red onion, feta cheese, olives, roasted red pepper, tomato slices, sautéed fresh artichoke hearts, and raw, roasted, or cooked broccoli or cauliflower.

**Presentation:** On a plate with garnishes on the side (à la Nicoise) or garnishes on top of the tabuleh. Serve on a bed of your favorite greens like mesclun.

**Accompaniments:** Sardines, tuna or salmon, shrimp, scallops, left over chicken with lemon ev olive oil dressing. A light crisp white Viognier or Gavi di Gavi type wine is indicated.

*\* chop zest fine, use as a garnish or mix with tabuleh salad*

*Note: Bulghur, or cracked wheat can be purchased in bulk at many health food or specialty stores, or boxed under the Near East label in supermarkets.*