Tabbouleh

Fresh from the garden: cucumbers, mint, onions, parsley, tomatoes  
Recipe Source: Bondi Primary School, with thanks to Sonia at Sonia’s International Foods, Willoughby, New South Wales

Flat leaf parsley is the preferred option for this and all salads using parsley, as the leaves are softer and the flavour seems more intense. Of course if the choice is between old, limp flat leaf parsley and young, just-picked curly leaf parsley, the latter would be the winner!

Burghul can be purchased either fine-ground or coarse-ground. This method suits fine-ground grain. If using coarse grain, it may need preliminary soaking in cold water for ten minutes and will then need to be well-drained before mixing with the other ingredients.

A great class might plan to reproduce a favourite Lebanese menu. The class would prepare warmed flatbread, a scoop of hummus, a few falafel patties, a heaped spoon of tabbouleh and some yoghurt.

Equipment:
- 2 clean tea towels
- salad spinner (optional)
- chopping board
- large knife
- large bowl
- lemon juicer
- measuring spoons

Ingredients:
- 4 large handfuls of parsley (about 1 cup when chopped)
- 1 large handful mint leaves
- 4 spring onions
- 3 large ripe tomatoes
- 2 tablespoons fine burghul
- 2 Lebanese cucumbers
- 1 lemon
- 2–3 tablespoons extra virgin olive oil

What to do:
- Wash the parsley and dry it gently in a tea towel or salad spinner. Do the same with the mint, plucking the leaves from the stems (put the stems in the compost).
- Dampen another clean tea towel and place it under the chopping board to prevent it from slipping.
- Using the large knife, roughly chop the parsley and the mint.
- Peel any blemished outer leaves off the spring onions and trim off the roots. Slice the spring onions into small pieces.
- In the large bowl, combine the chopped parsley, mint and spring onions.
- Chop the tomatoes and add them to the large bowl.
- Sprinkle the burghul over the tomatoes.
• Take the cucumbers and cut them in half across the middle. Slice each half in two to make a long piece, then slice each of these pieces into long slices.
• Cover the burghul in the large bowl with the cucumber.
• Juice the lemon and pour the juice and oil over the salad.
• Cover the salad and chill it in the fridge until ready to serve. Just before serving, toss gently to mix all the ingredients together.

Notes: Diane, Kitchen Specialist at Bondi PS, writes: "I was buying burghul from my local Middle Eastern shop when luckily I asked the owner which type of burghul to buy for tabbouleh. She immediately told me how she makes tabbouleh and when I tried her method it was fantastic (and very easy – no soaking the burghul. The burghul will be softened by the juices of the cucumber and tomato). The salad should be very green, not white (it only uses a small amount of burghul), and it lasts really well. In fact, it tasted better the next day!"