

TABOULI RECIPE

From Nishan Havandjian

A Sunday staple in our household, as a side dish to grilled fish or kabab.

Ingredients:

1 c cracked wheat (#1)

available in Middle-Eastern markets in SLO, health food stores, and some of the larger grocery chains.

Juice of two lemons

Two bunches of Italian parsley, chopped

Some sprigs of chopped fresh mint

One bunch of green onions (scallions), chopped

Two Persian cucumbers-diced (available at Trader Joe's)

One large ripe tomato, diced

One tsp of pepper paste, gives color and taste, but you can replace it with cayenne pepper.

5 T of robust olive oil (add as needed)

Preparation:

1. To cracked wheat, add lemon juice and olive oil, plus pepper paste.
2. After 1/2 hour, add parsley (no stems)-best to chop by hand.
3. Add tomatoes, mint, cucumbers, onions.
4. Mix well.
5. Add salt to taste.
6. If you like, add a dash of cumin powder, sumac powder and pomegranate molasses.

This dish will keep for about a day in the refrigerator, but is best consumed immediately!

Serves 4. ☺