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Tabouleh

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Introduction:

Tabouleh is a Lebanese dish, considered by many as the "national salad". Its main ingredients are bulgur, finely chopped parsley, mint, tomato, scallion (spring onion), and other herbs with lemon juice and various seasonings, generally including black pepper and sometimes cinnamon and allspice. In Syria and in Lebanon, where the dish originated, it is often eaten by scooping it up in Romaine lettuce leaves. In the Middle East, it is truly a salad with the green ingredients dominating. The dish's global popularity has led to new interpretations and regional modifications such as the use of couscous (which originates from Northern Africa) in place of bulgur.

Preparation:

Rinse bulgur in water and add to a large mixing bowl. Combine all chopped ingredients, salt, pepper, lemon juice, olive oil, and stir. Cover with a clean dish towel and let sit for 1-2 hours or until bulghur is tender.

Image (optional):

Recipe Type:

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Ingredients:

2 bunches of fresh parsley (1 1/2 cup chopped, with stems discarded) 2 tablespoons of fresh mint, chopped 1 small onion, finely chopped 6 medium tomatoes, finely diced 1 teaspoon salt 1/2 teaspoon black pepper 1/2 cup bulgur juice of three lemons 6 tablespoons extra virgin olive oil

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[1] <http://kgi.org/recipe-type/salads>