

Tabbouleh

Equipment:

Metric measuring spoons and cups
Bowls, 1 small & 1 medium
Large strainer
2 tea towels
Chopping board
Knives – 1 large, 1 serrated
Peeler
Lemon juicer
Serving bowls (1 per table)
Serving spoon

Ingredients:

1 cup cracked wheat
6 tomatoes
1 long green cucumber
4 spring onions
2 cloves garlic
20 stalks parsley (1 large bunch)
30 mint leaves (1 handful)
1 lemon
2 tablespoons extra virgin olive oil
Salt
Freshly ground black pepper

What to do:

- Place the cracked wheat in the medium bowl and cover with cold water. Soak for 10 minutes, and then tip into the strainer. Press out as much liquid as possible with the back of a tablespoon.
- Tip the cracked wheat onto one of the clean tea-towels (choose one that's thick) and roll it like a sausage. Two people are now needed to each hold one end of the tea-towel sausage, and to twist in opposite directions to squeeze even more liquid from the grains.
- Rinse and dry the bowl used to soak the cracked wheat and shake the dried grains into the bowl.
- Set out your chopping boards and knives. As you chop the following ingredients, add them to the bowl with the cracked wheat.
- Chop the tomatoes into small dices using the serrated knife.
- Peel and dice the cucumber.
- Trim the outside layer from the spring onions, cut off their tops and ends, and finely slice the rest.
- Peel and finely chop the garlic.
- Rinse the parsley and mint and dry by rolling in the second tea-towel. Chop the herbs and add to the other ingredients.
- Juice the lemon. In a small bowl, mix the oil and lemon juice to make a dressing and then add to the other ingredients. Mix everything together and taste for salt and pepper. Divide the tabbouleh between serving bowls, with a serving spoon for each.