

Chick Pea Tabouleh with Cucumber

I can't say it any better than Wikipedia does; bulgur is parboiled wheat, usually Durham, most often with the bran removed. You can find whole bulgur, but you'll need to look in the ingredient list for whole wheat, for some reason whole wheat bulgur is seldom labeled as such. Bulgur is often confused with cracked wheat which is not parboiled.

Bulgur is the foundation of the Middle Eastern salad called tabouleh. Families pride themselves on their slightly varied individual recipes; so much so that if you walk down a block in a Lebanese neighborhood you might find as many as ten different recipes with folks willing to vehemently argue that theirs is the best. With hummus and baba ganoush, tabouleh is part of the eating tradition called "mezzeh" where as many as a dozen different salads and grilled meats are shared with flat bread.



Bulgur wheat	2 cup
Water	2½ cups
Cooked chick peas	4 cups
Cucumber	1 large
Roma tomatoes	4-6 each
Parsley	1 bunch
Black olives	(1) 303 can
Lemon juice	4 Tbls
White Worcestershire	4 Tbls
Garlic Powder	2 tsp
Onion powder	2 tsp
Adobo seasoning	2 tsp
Bragg's Aminos	2 tsp
Black pepper	few turns

The basic ingredients are bulgur with copious amounts of parsley and garlic, and a little tomato and lemon juice. Middle Eastern cultures eat a *ton* of fresh parsley and garlic, something to which the American pallet is not very well accustomed, so we're reducing the amount of parsley, only using garlic *powder* and of course adding olives, chick peas, and cucumber; things you would not find in a *true* tabouleh and might get you labeled as a culinary heretic by some.

Cook bulgur similar to rice; wet to dry 1:1 for 10 minutes. I prefer 1½:1, cook until dry, and then cover and rest for at least 15 minutes. Do it first and let it rest until needed

I seldom cook chick peas just for this recipe; most often I will cook chick peas and get double usage out of them by making a soup at the same time. Either cook them in a pressure cooker for 10-15 minutes or give them a good 40 minutes in a regular pot. Always reserve the liquid for use in other dishes.

Starting in late summer, local cucumber skins get very bitter, but these days you don't know where your produce is coming from so taste the cucumbers every time to see if the skins are bitter enough to peel or not. Dice all the ingredients to roughly the same size as the chick peas and cut the parsley in a rough chiffonade as indicated in the photograph. This will need a few hours covered in the frig in order for the flavors to mix. It's a great salad but the tomatoes and cucumber will make it go bad faster than most salads so make smaller batches. This is a fairly large batch; you may want to cut it in as much as ½.

You'll eventually come up with your own unique variation, but whatever you do don't call it tabouleh if you have Lebanese friends over for dinner!