Winter Tabouleh

Type: Salad   **Serves:** 30 in classroom   **Recipe source:** Stephanie Alexander Website

Fresh from the garden: Lemons, garlic, parsley, carrots, celery, spring onions

EQUIPMENT:	INGREDIENTS:
1 large and 1 medium mixing bowl	1 cup burghul wheat
1 small bowl	2 spring onions
strainer	1 cloves garlic
spoon	2 carrots (about 300g)
thick clean tea towel	3 pale inner sticks celery
graters	1/4 cabbage
mixing bowl	1 cup chopped flat leaf parsley
hand juicer	10 mint leaves, shredded
	1 tablespoons extra virgin olive oil
TO SERVE:	1/2 lemon
3 bowls	sea salt and freshly ground black pepper
3 tongs	

What to do:

1. Place burghul in a medium-sized mixing bowl and cover with hot water. Soak for 30 minutes.
2. While wheat is soaking set out chopping board wash and trim spring onions and slice finely. Add to big red mixing bowl
3. Peel and crush garlic. Put garlic and onions into large red mixing bowl
4. Scrub carrots thoroughly, dry, then using a box grater, shred and add to mixing bowl.
5. Wash and dry celery and slice celery as thinly as possible and put into large red mixing bowl.
6. Roll up inner cabbage leaves and slice as thinly as possible, then add to mixing bowl
7. Wash and dry parsley and mint. Finely chop parsley and tear mint leaves with your hands into small pieces. Add to bowl. There should be plenty of parsley 1 and ½ cups.
8. Drain Burghul into a strainer over sink and press out as much liquid as possible with the back of a spoon. Tip burghul onto a thick tea towel and fold it over to wrap and enclose 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 over sink to remove more liquid from the grain. Carefully unwrap the tea towel over bowl so as not to lose any burghul.
9. Cut the lemon in half, juice with juicer and mix olive oil in a small bowl to make a dressing, then add to the ingredients in big red bowl. Mix everything together very well and taste for salt and pepper, then season if desired and serve.