

Tabouli [As Prepared by Tamineh Ferris]

You can make this a day ahead of time and refrigerate it. Be sure to remix it well before serving. This recipe makes approximately 22 cups - adjust everything accordingly for more or less. Preparation time is approximately two hours, if one person prepares this by hand. Hand preparation seems to look and taste better than using a food processor.

- 6 bunches of parsley
- 5 pounds of medium-sized tomatoes
- 36 green onions [this is based on using from the bottom of the root to half-way up the dark-green sprout - use fewer if you cut up the whole onion]
- 4 tablespoons dried mint
- 1 [dry] cup bulgur [cracked wheat]
- 3/4 cup lemon juice
- 1/2 cup vegetable oil
- 4 teaspoons of salt
- 4 teaspoons of cinnamon



- Soak the bulgur in water for about an hour, then drain it well. It expands a lot, so use at least a one quart container to hold the water and expanded bulgur.
- Chop the parsley, tomatoes, and onions into small pieces.
- Put the parsley in a large bowl, followed by the tomatoes, onions, and drained bulgur.
- Mix well by hand.
- Add the lemon juice and oil.
- Mix well by hand again.
- Add the dried mint, salt, and cinnamon.
- Mix everything together well by hand.
- It's best to refrigerate for a few hours, re-mixing occasionally to distribute all of the flavors before serving.