Winter ‘tabbouleh’

Fresh from the garden: cabbage, carrot, celery, mint, parsley, spring onions
Recipe source: Kitchen Garden Cooking with Kids, Stephanie Alexander, (Penguin Lantern 2006)

Tabbouleh needs plenty of parsley. Use it to fill pocket breads and then add some falafel, lamb burgers or yoghurt cheese balls. This version uses the winter vegetables that you are likely to have in the garden.

Equipment:
- metric measuring cups and spoons
- medium bowl
- large strainer
- large spoon
- 3 clean tea towels
- 1 large knife
- chopping board
- grater OR food processor with grating disc
- juicer
- small bowl
- metric measuring spoons
- fork OR small whisk

Ingredients:
- ½ cup fine cracked wheat
- 1 1/2 spring onions (scallions)
- 1 clove garlic
- 2 medium carrots
- 3 stalks celery
- 1 small cabbage or half cabbage
- 10 stalks parsley
- 15 mint leaves
- 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 hot water. Soak for 10 minutes, then drain in the strainer over the sink. Press out as much liquid as possible with the back of a spoon.
- Tip the cracked wheat into a tea towel (choose one that’s thick) and fold it like a sausage. Two people are now needed: each person holds one end of the tea-towel sausage and they twist in opposite directions to remove even more liquid from the grain. Do this over the bowl or a sink. Unwrap the ‘sausage’ carefully.
- Rinse and dry the bowl used to soak the cracked wheat and return the wheat to the bowl by carefully shaking it out of the tea towel.
- Set out the chopping board and knives. Dampen a tea towel, fold and place it under the chopping board to prevent the board from slipping.
- Remove any damaged leaves and the roots from the spring onions and slice them finely. Put the spring onions into the bowl with the cracked wheat.
- Peel and finely chop the garlic and add it to the bowl.
• Using a grater (or the grating disc of a food processor) shred the carrots and celery. Add them to the bowl.
• Roll up the inner cabbage leaves and slice as finely as possible. Add to the bowl.
• Pick the leaves from the parsley and mint stalks. Rinse the parsley and mint, and dry by rolling in a tea towel. Chop the herbs and add to the bowl.
• Juice the lemon and tip the juice into the small bowl, then add the olive oil and whisk to make a dressing. Add the dressing to the bowl with the wheat, herbs and vegetables.
• Mix everything together very well and taste for salt and pepper. Make sure there’s plenty of parsley and that it’s spread evenly throughout the tabbouleh.
• Serve in a large bowl.