

WATERCRESS TABBOULEH

Tabbouleh suffers much abuse at the heavy hands of deli and bistro cooks the world over. At its best, tabbouleh is a simple salad made at home, using whatever vegetables are best from the garden, and lavish amounts of fresh parsley and mint. In the West people often overdo the bulgur, but tabbouleh is lighter and much more refreshing if less bulgur is used. The individual vegetables and herbs may be prepared a little ahead of time, but should not be assembled with the lemon juice and oil until the very last moment.

½ cup fine bulgur	3 medium tomatoes, diced very small
2 bunches watercress, washed well and leaves picked (should yield 1½ cups leaves)	juice of 2 lemons
1 cup mint leaves, finely shredded	½ teaspoon allspice
1 large purple onion, finely chopped	⅓ teaspoon cinnamon
	½ teaspoon each salt and pepper
	⅓–½ cup olive oil

SOAK THE BULGUR in 1 cup of water for 10 minutes.

Place the watercress leaves, shredded mint leaves, onion, and tomatoes in a large mixing bowl. Squeeze the cracked wheat dry of as much water as you can (place in a tea towel and twist). Add it to the mixing bowl and then pour on the lemon juice, allspice, cinnamon, and salt and pepper. Add the olive oil and mix well using clean hands. Taste and adjust seasoning if necessary.