

# Orange Blossom Water

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<http://www.orangeblossomwater.net/index.php/2009/04/24/tabbouleh/>

## Tabbouleh

From: Family Recipe / Servings: 5 - 6 People

### Bulgur Step

1/4 cup fine bulgur wheat

Juice of 2 lemons

1 tsp salt

1 tsp sweet paprika

### Bowl 1

3 whole flat parsley bunches  
(use leaves only), finely chopped

1/4 cup mint leaves, finely chopped

3 scallions, finely chopped  
or you can use 1 red onion  
instead of scallions

1/2 white cabbage, finely chopped

4 – 5 medium cucumbers,  
chopped into small cubes

### Bowl 2

4 – 5 medium tomatoes,  
chopped into small cubes

### For last step (mixing)

1 3/4 cup olive oil

Prepare all the ingredients.

### Bulgur Step

Soak bulgur in juice of 2 lemons, salt and paprika up to two hours and keep in the fridge.

### Bowl 1

Finely chop parsley leaves and mint leaves using knife (don't use food processor).

Finely chop scallions using knife (don't use food processor).

Finely chop white cabbage using knife (don't use food processor).

Chop cucumbers into small cubes using knife

### Bowl 2

Chop tomatoes into small cubes using knife.

Tomatoes shouldn't be added to mixture of bowl 1 until the time of serving.

### After two hours

To bowl 1 add tomatoes, add bulgur, olive oil, lemon zest, and salt.

Mix well, then taste and decide if you need to add lemon juice.

Lemon zest	Eat with spoon, or with pita bread or Arabic bread.
Salt	Eat with white cabbage or you can use lettuce.
Juice of 1 lemon – optional After mixing, taste the end result then decide if you need lemon juice.	Eat with grape leaves (for grape leaves boil water and turn off heat, then add the leaves, then drain).
<u>To Serve</u>	Some appetizers served with Tabbouleh (French Fries, Fried Cheese Burek, Kibbeh.
Pita bread or Arabic bread	
White Cabbage	
Lettuce	
Grape leaves	
French fries, Burek, Kibbeh	

### **Notes and Tips**

Keep bowl 1 and 2 in fridge, till the two hours of soaking bulgur finish.

As I said bulgur soaked up to two hours, but if you will not eat tabbouleh after these two hours, so don't mix anything together (don't do step 9 and 10) until you are ready to serve and eat tabbouleh.

Don't forget to keep bulgur in the fridge in order not to spoil.