carrot & cabbage 'tabbouleh'

Equipment:
cutting board, knife, measuring spoons & cups, sieve,
bowl, salad spinner

Ingredients:
1/3 cup cracked wheat (burghul)          hot water from kettle
1 spring onion
1 clove garlic, finely chopped
1 or 2 carrots (about 150gms)
1 pale inner stick celery
about 150gms cabbage
1/4 cup chopped parsley (approx. 2-3 stalks)
approx. 10 leaves thinly sliced mint
a big squeeze of lemon juice
a dash of olive oil
salt & pepper to taste

Method:
Place burghul in a medium-sized mixing bowl and cover
with hot water. Soak for 30 minutes, then drain in a sieve.
Press out as much liquid as possible with the back of a
spoon. Tip burghul onto the middle of a thick tea towel and
fold it over to wrap and enclose it, like a sausage. Get a
person on each end of the tea-towel sausage, and twist in
opposite directions to remove more liquid from the grain.
Carefully unwrap tea towel so as to not lose any burghul.
Carefully shake into the rinsed and dried soaking bowl.
Finely chop garlic and spring onion, and add. Grate carrot in
the food processor, and add to burghul. Slice celery and
cabbage as thinly as possible. Add to bowl, along with the
parsley and mint. Mix olive oil and lemon juice, and stir
through salad. Taste for salt and pepper, then season if
desired and serve.

S.Alexander