

Local Tabbouleh (“Mother Earth News” Feb/Mar 2013, Robin Mather)

Here sorrel is a perfect local substitute for lemon juice. Make bulgur yourself if you have a source for wheat berries (learn how at <http://goo.gl/W8pjV>)

Serves 4-6 as a side dish

¼ cup finely chopped red onion, or to taste

¾ cup medium-coarse bulgur (cracked wheat)

1 large tomato, seeded and diced

1 medium cucumber, unpeeled, seeded and diced

¼ cup chopped flat leaf parsley

¼ cup chopped fresh mint leaves

¼ cup chopped sorrel

¼ cup flavorful, extra-virgin olive oil

kosher salt and freshly ground pepper, to taste

To tame the raw, chopped onion, soak it in cold water for 30 minutes, then rinse and drain.

Meanwhile, pour boiling water over the bulgur and let it stand until it softens, about 15 minutes.

Drain water that has not been absorbed. Stir together the onions, tomato, cucumber, herbs and bulgur. Toss with olive oil. Season with salt and pepper, to taste. Chill before serving.