

# Frikeh Tabbouleh

Serves 4-6 | 25 minutes prep + 45 minutes cook time

Edible herbs have long been an important foodstuff in the Middle East, and the parsley salad called tabbouleh comes originally from the mountains of Lebanon and Syria. It's traditionally made with bulgar, wheat berries that have been cooked, dried, and cracked so they store longer and cook faster, but it's possible similar herb salads were made with the parched green wheat called frikeh. Harvested when the sugar and moisture content is high, the wheat is burned in the field to remove the chaff and other inedible parts, and the grains take on a slightly smoky flavor.

**1 cup Ayers Creek Parched Green Wheat, aka frikeh**

**1 bunch flat leaf parsley, chopped**

**½ cup chopped fresh mint leaves**

**4 green onions, chopped**

**Juice and zest from 1 lemon**

**2 tablespoons New York Shuk preserved lemon paste**

**1 teaspoon New York Shuk baharat spice blend**

**Fine Sea Salt**

**6-8 cubeb peppercorns, ground or crushed**

**½ jar Aldo Armato Semi-preserved cherry tomatoes for serving**

**Step 1** Put the frikeh in a 3 or 4 quart pot, stir in a teaspoon of salt, and add enough water to cover the grain by 2 inches. Bring to a boil, reduce the heat to a simmer, and cook until the grains are tender, about 45 minutes. Drain and cool; store in the refrigerator for several days if desired.

**Step 2** Pick the leaves and tender stems from the parsley and mint and chop finely. Chop the green onions. Zest and juice the lemon.

**Step 3** Combine the cooked frikeh with the parsley, mint, green onions, lemon juice and zest, preserved lemon paste, spices, salt, and pepper.

**Step 4** Gently mix in the semi-preserved tomatoes. Serve with lemon wedges if desired.