

Fully Loaded Tabouleh with Fermented Carrots

Eastern Mediterranean cuisine boasts a tremendously large array of dishes that can easily accommodate the addition of fermented vegetables. Not to mention that fermented foods are already a large part of the regional diet. In this tabouleh recipe we add in buckwheat to the traditional bulgur wheat but feel free to make it with couscous as well. If you're gluten intolerant, substitute the bulgur with quinoa or any other grain that suits you. **Enjoy!**

Serves 6-8 – Prep & Cook time: 1 hour

INGREDIENTS:

- 1 200 ml pack Caldwell Sliced Carrots (or homemade sliced carrots produced with Caldwell's starter culture)
- 1/2 cup measured uncooked bulgur wheat. When cooked should yield approx. 1 1/2 cups
- 1/2 cup measured uncooked buckwheat. When cooked should yield approx. 1-1 1/4 cup
- 1 large bunch of flat leaf (Italian) parsley approx. 100 gr, finely chopped with stems
- 1 large ripe tomato cut into 1 cm pieces
- 1 sweet onion (Vidalia) cut into small pieces
- 400 gr chick peas
- 1 tsp each dried cumin and coriander powder
- Juice of 1 lemon
- 3 tbsp extra virgin olive oil
- Salt to taste

INSTRUCTIONS:

1. Begin by cooking the grains according to the producer's directions and allow to cool completely.
2. Place the Caldwell Sliced Carrots in a colander to remove the excess brine. Set aside.
3. Meanwhile, cut the tomato and the onion into small pieces and place them in a large mixing bowl. Continue by slicing the parsley into thin pieces and add it to the bowl as well.
4. Add in all the remaining ingredients including the grain and chick peas and mix thoroughly ensuring an even distribution throughout.

TIP:

This salad makes a complete meal but also suits as a side dish. Enjoy it with any flat bread of your choice or serve it along side grilled meat, poultry, fish, tofu, tempeh or seitan. It is also delicious served with a grilled portobello mushroom steak. Made in advance, this salad will last in the refrigerator for up to a week.

BON APPÉTIT!



Tried and tasted by family and friends of the Caldwell clan.

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