

التبولة: المقالة

المستوى المتوسط

التبولة

Tabbouleh, also spelled tabouleh or tabouli, is a Middle Eastern dish made of bulgur wheat, finely chopped herbs, and spices. Tabbouleh is often served as an appetizer, a salad, or part of amezze, the Middle Eastern equivalent of tapas. Tabbouleh is thought to have originated in Lebanon, where it is the national dish, but it is now enjoyed all over the world, particularly in vegetarian or vegan cuisines or as a refreshing summer treat.

In Lebanon, tabbouleh is commonly scooped onto lettuce leaves from a large bowl and eaten. People in the United States may eat tabbouleh with a fork or spoon or use it as a dip for vegetables or pita bread. It also goes well with falafel, stuffed grape leaves, hummus, or any other Middle Eastern or Mediterranean menu items. The herbs included in tabbouleh frequently include scallions, mint, parsley, and tomato. Lemon juice, salt, and black pepper are the most traditional seasonings, sometimes supplemented with cinnamon, allspice, or other spices.

A basic recipe for tabbouleh can be found below, but the dish is amenable to creative variation. For example, though garlic is not a traditional ingredient, many cooks enjoy adding it to tabbouleh. Another interesting option is a bit of pepperoncini juice to add a little spice. The main ingredient, bulgur wheat, can usually be found at Middle Eastern or health food markets, and it is typically inexpensive. If more than one grade is available, go with the finest for the best tabouleh.

<http://www.wisegeek.com/what-is-tabbouleh.htm>



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تاريخ التبولة

Although no one knows the exact date when tabbouleh first came on the scene, it was probably several thousand years ago. We do know that bulgur wheat was used by the ancients approximately 4,000 years ago. It probably didn't take long for them to figure out that the addition of parsley, spices, vegetables and other ingredients would make a very tasty and nutritious meal. In fact, tabbouleh could be considered the ideal food of the Mediterranean diet. It contains whole grain bulgur wheat, greens in the form of parsley, olive oil, spices, tomatoes and in some cases, cucumber. The fact that all these items are part of the Mediterranean diet only contributes to the fact that tabbouleh has been around for centuries and was probably passed down from family to family for generations.

http://www.sunnylandmills.com/cooking_about_tabbouleh.shtml