mayrig

Itch

Armenian tabbouleh

25 cl olive oil
2 crushed garlic cloves
200 g chopped onion
150 g fresh green pepper
1000 g peeled and diced tomatoes
A pinch of all spice (7 spice)
Salt
1 liter of hot boiling water
2 table spoons of red pepper paste
250 g soft white bulgur
2 lemons' juice
1 bunch of chopped parsley
White cabbage

In a heavy base pan add 1/3 of the olive oil and being to heat.
Add the garlic, the onions, the green pepper and sautee for a few minutes till onions are translucent.
Add the chopped tomatoes, the pinch of all spice and salt.
Add the boiling water and stir well.
Reduce fire, cover and simmer for 30 minutes while stirring every while and then.
After 30 minutes turn the heat off and dump the bulgur in the mix and stir.
Let it chill for a couple of hours (ideally an overnight in the fridge).
After chilling add the lemon juice the remaining olive oil and the parsley.
Serve with a slice of cabbage.