

Tabbouleh with Ramsons



Monica Meeneghan of Caterham, Surrey found this recipe as a good way of using the wild garlic, or ramsons from your garden.

175g bulgar or burghul wheat

100g parsley

15g chopped chives or onions 2 large tomatoes

3 or 4 ramson leaves

For the dressing:

15ml white vinegar or lemon juice 15ml vegetable oil,
Dry mustard, sugar, salt & pepper.

Soak bulgar in water overnight. Drain well pressing out water with back of spoon. Finely chop parsley and ramsons. Skin and chop tomatoes. Blend ingredients for dressing. Mix everything together and taste, adding more ramsons and seasoning as necessary. Chill. Serve garnished with olives and hot pitta bread.