

Dino's Recipe

Item: Tabouli

Shelf Life: 1 Day (Example: Product prepped on Monday must be discarded at EOD Tuesday)

Serving Size: 6 oz

Latest revision: 6/9/2016

<u>Ingredients</u>	Batch Size	
	<u>Catering size</u>	
	<u>20 servings</u>	<u>10 servings</u>
Cracked Wheat	1 Cups	1/2 Cups
Green Onion (approx. 26 or 13 or 7): Chop 1/4", stopping approx. 2" from end of the stalk	10 oz (wt)	5 oz (wt)
Tomatoes (approx. 10 or 5 or 2): Diced 1/4"	2 Lbs	1 Lbs
Cucumber (approx 2 or 1 or 1/2): Seeded and Diced 1/4"	18 oz (wt)	9 oz (wt)
Salt	2 Tbsp	1 Tbsp
Pepper	1 Tbsp	1 1/2 tsp
Lemon Juice	1 1/2 Cups	3/4 Cups
Parsley - chopped	10 oz (wt)	5 oz (wt)
Soybean oil	0.5 Cups	0.25 Cups
Dried Mint	1 Tbsp	1 1/2 tsp

Procedure

1. Soak Cracked Wheat in warm water for approx. 30 minutes (**until tender and approx. triple in volume**) then drain well.
2. After Cracked Wheat has been soaked and drained place all ingredients in a large bowl and mix well.
3. Taste to make sure flavor is right.
4. Date and initial product and store in refrigerator.