

Four-Herb Tabbouleh

Cynthia's Four-Herb Tabbouleh

(adapted from foodandwine.com)

Makes approximately 9 cups or 27 1/3 c. servings

1/4 c. plus 3 T. extra-virgin olive oil
2 large garlic cloves
1 c. Israeli couscous (6 oz.) (M. purchased box at T. Joe's)
1 1/4 c. water
Salt/freshly ground pepper
3 T. freshly squeezed lemon juice
2 T. sugar
2 c. flat-leaf parsley leaves
1 c. lovage leaves or tender light-green celery leaves
1/2 c. mint leaves
1/4 c. snipped chives
1 jalapeno, halved, seeded and thinly sliced crosswise
1 pint grape tomatoes, quartered
1 seedless cucumber, peeled and finely diced

Optional: tiny black currants (about 1 c. or more)

1. In a medium saucepan, heat 1 T. of the olive oil with the garlic cloves and cook over moderate heat until garlic is lightly browned in spots, about 2 minutes. Add Israeli couscous and cook, stirring, until lightly browned, about 2 minutes. Add the water, season with salt and bring to a boil. Cover and cook over low heat until the couscous is tender and the water is absorbed, about 10 minutes.
2. Pick out the garlic cloves from the couscous and mash them to a paste. Transfer the garlic paste to a large bowl and whisk in the lemon juice, sugar and the remaining 1/4 c. plus 2 T. of olive oil. Season with salt and pepper and stir in the couscous. Refrigerate for 10 minutes, just until no longer warm.
3. Add the parsley, lovage, mint, chives, jalapeno, tomatoes and cucumbers to the couscous and toss well. Season with salt and pepper and serve.