

Bulgur Salad with Red Peppers, Cucumbers, & Cheese

Preparation Time: 30 minutes
 Cooking Time: 30 minutes
 Total Lesson Time: 1 hour and 15 minutes
 Recipe Level: Advanced

Background

This Moroccan salad is a staple for the people of the Atlas Mountains in northern Africa. It is a wonderful lesson in which to discuss ethnic foods and foods grown in specific regions throughout the world. The recipe is a bit time-consuming, but it allows students to experience several facets of cooking: preparing the vegetables, roasting the peppers, observing the bulgur absorb the water, and mixing the ingredients together into a salad.

Objectives

Students will be able to:

Observe, demonstrate, and name the different facets of the cooking process (preparing, roasting, absorbing, and mixing).

Understand the functions of different tools for cooking.

Ingredients

For a class of 20:

6 red bell peppers
 3 cups bulgur
 5 cups water
 2 bunches scallions
 3 cucumbers
 3 garlic cloves (2 if large)
 6 tablespoons chopped mint
 6 tablespoons chopped cilantro
 3 cups feta cheese, crumbled
 9 tablespoons lemon juice
 salt and pepper
 $\frac{3}{4}$ cup olive oil

Materials

For the class:

1 large mixing bowl
 hot plate
 colander
 measuring spoons
 2-quart pot
 oven

For each group of 4:

2 cutting boards
 2 knives
 2 bowls
 4 napkins
 4 forks
 4 plates
 journals

**Preparation**

1. Wash vegetables and dry them in the colander.
2. Have students wash their hands. Discuss proper methods of handling food.
3. Preheat the oven to 400°F and put water on the hot plate to boil.

Safety Precautions

Review safety precautions for using knives, the hot plate, and the oven.

Making the Recipe

1. Place the peppers in the preheated oven for 20 minutes and roast them until skins are blistering.
2. Place the bulgur in a bowl and add the boiling water. Keep the bulgur covered for 20 minutes.
3. Demonstrate how to chop scallions, cucumbers, garlic, mint, and cilantro. Provide each group with a portion of these ingredients to prepare.
4. Have groups prepare the ingredients and place them into separate bowls.
5. Have one group crumble the cheese.
6. When the peppers are ready, give students time to examine the whole roasted peppers. Peel off the skin and then cut the peppers into ¼-inch strips.
7. In a small bowl, mix the lemon juice with 1½ teaspoons salt and ¼ teaspoon pepper, then stir in the olive oil. Now add and stir in the chopped herbs.
8. Show students the bulgur, pointing out how it absorbed the water. Stir the oil mixture into the bulgur and add the chopped vegetables. Stir and taste for salt and pepper seasoning. Add crumbled cheese and serve on small paper plates.
9. While students eat, review with them the different tasks involved in the cooking process.
10. Clean up materials. If you have a school or classroom compost or worm bin, place the food scraps there.