

Egyptian Recipes



Koshari

Ingredients

2 tablespoons of vegetable oil
2 cups of rice
3 cups of water
3 teaspoons of salt
2 cups of uncooked macaroni
1 cup of green lentils
(soaked and rinsed)
5 chopped onions
2 cloves of minced garlic
3 tablespoons of white wine vinegar
½ cup of tomato puree
Ground black pepper to taste
2½ teaspoons of ground cumin
¼ teaspoon of cayenne pepper
4 large ripe tomatoes, diced



Directions

Heat 1 tablespoon vegetable oil in a saucepan over medium-high heat. Stir in the rice and continue stirring until the rice is coated with oil (about 3 minutes). Add 3 cups water and 1 teaspoon of salt. Bring to the boil; reduce heat to low, cover and simmer until the rice is tender and liquid has been absorbed (20 to 25 minutes).

Fill a large pot with lightly salted water and bring to a rolling boil over a high heat. Stir in the macaroni, and return to the boil. Cook the macaroni uncovered, stirring occasionally, until it has cooked through, but is still firm to the bite (about 8 minutes). Drain well in a colander. Return macaroni to the cooking pot, cover and keep warm.

Bring 2 cups of water to the boil in a pot and stir in the lentils. Bring back to the boil; cover and reduce the heat to low. Simmer until the lentils are tender (15 or 20 minutes). Stir in ½ teaspoon salt.

Heat 1 tablespoon of vegetable oil in a large skillet over a medium-high heat. Cook the onions in the oil, stirring often, until they begin to brown (10 to 15 minutes). Onions should be a nice caramelized brown colour. Add the garlic and cook for another minute. Remove from the pan and drain.

Place half of the onion mixture into a saucepan. Mix in the vinegar. Add the diced tomatoes and tomato puree, black pepper, 2½ teaspoons salt, cumin and cayenne pepper. Bring to the boil then reduce heat to medium-low and simmer (about 12 minutes).

Serve by placing a spoonful of rice, then macaroni and then the lentils on serving plates. Sprinkle with some of the browned onions and top with the tomato sauce.

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Fava: broad bean chilli

Ingredients

2 tablespoons of olive oil
2 red onions chopped
3 cloves of garlic minced
1 teaspoon of cumin
1 red pepper chopped
1 yellow pepper chopped
1 tin of broad beans
(or any type of bean to taste) pureed
½ cup of water
1 tin of tomatoes
Juice of 1 lemon
1 tablespoon of white wine vinegar
½ teaspoon of salt
Cracked black pepper to taste
¼ teaspoon of chilli flakes



Directions

Heat the oil in a large pan.

Add the onions, garlic and cumin and cook until turning golden.

Add the peppers and continue cooking until slightly soft.

Once the vegetables have softened, add the beans, tomatoes, water, salt, pepper, chilli flakes, lemon juice and vinegar and bring to the boil.

Simmer for 10 minutes.

Serve either hot or allow to cool, with pitta bread.

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