

World Kitchen: Egypt Recipes

Koshari

Ingredients

Chickpeas

- 2 15 ounce cans of chickpeas
- 2 tsp. ground cumin
- ½ lime

Fried Onions

- 1½ lbs. onion (about 2 large onions)
- 6 Tbsp. flour (to toss the onions in prior to frying)
- oil for frying (preferably Sunflower Oil)
- salt to taste

Koshari Lentil Rice

- 1 cup dried brown lentils
- 2 cups dry short-grain rice
- 1¼ lbs. onion (about 1½ large onions)
- 4 Tbsp. oil from the fried onions
- 4 cups water

Pasta

- 8 ounces dry elbow pasta
- 8 ounces dry spaghetti

Traditional Koshari Red Sauce

- 2¼ lbs. tomatoes
- 2 Tbsp. ghee
- 1 teaspoon chili flakes or cayenne powder optional
- 9 garlic cloves
- 3 Tbsp. tomato paste
- 3 Tbsp. white vinegar
- 1 tsp. ground cumin
- 1 tsp. ground coriander
- ½ tsp. sugar
- 1 tsp. salt
- 1 tsp. black pepper

Instructions

Soak Dry Lentils and Dry Chickpeas Ahead of Time

Soak the dried lentils and dried chickpeas in water for 3 hours prior to making koshari.

Prepare the Chickpeas

Drain chickpeas. In a pan, boil for 5 minutes in water with ½ Tbsp. of ground cumin. Then squeeze ½ a lime on top.

Fry the Onions

Chop the onions into circles. Mix with flour and set aside for 30 minutes prior to frying. Fry in oil, preferably sunflower oil. Using a spatula, remove the onions from the oil. Allow to drain on a paper towel; set aside. Salt as desired. Keep the sunflower oil to use some of it in other parts of the recipe.

Make the Koshari Lentil Rice

Blend the onions in a food processor.

In a high-rimmed pan, add the oil from the fried onions. Cook the blended onions slowly on low heat for about 15 minutes.

Add the drained brown lentils (these will be about 2.25 cups after being soaked) and water. Bring to a boil. Simmer for 10 minutes covered.

Turn down the heat to medium-low. Add the short-grain rice, salt, and pepper. Mix the and cover. Continue to cook on medium-low heat covered until the rice has finished cooking (about 12 minutes).

Turn off the stove and allow the rice to rest covered for 5 minutes.

Cook the Pasta

Boil water and add about 1 tablespoon of salt.

Break the spaghetti pasta in half, then break the half again making quarter-size sections of spaghetti. Break about 15 spaghetti noodles at the same time.

Add the spaghetti pasta and elbow pasta to the boiling water. Cook the pasta until desired firmness. Drain the pasta and set it aside.

Koshari Vinegar Red Sauce

Blend the tomatoes in a blender. Strain tomatoes into a bowl. Mince the garlic cloves.

Fry oil (or ghee) with 1 teaspoon chili flakes (or chili powder) for 30 seconds then add the minced garlic cloves.

Add the tomato paste and vinegar for about 30 seconds, then add the blended tomatoes.

Add the ground cumin, ground coriander, salt, sugar, and ground black pepper.

Simmer for about 10 minutes.

Recipe from: <https://thematbakh.com/egyptian-recipe-for-koshari/#recipe>

Foul Medames

Ingredients

2 cans plain fava beans (13 to 15 oz.)
½ cup water
Kosher salt
½ to 1 teaspoon ground cumin
1 to 2 hot peppers, chopped - optional (jalapenos will work here)
2 garlic cloves, chopped
1 large lemon juice of
Extra virgin olive oil
1 cup chopped parsley
1 tomato, diced
Warm pit bread
Sliced tomatoes
Sliced cucumbers
Green onions
Olives

In a skillet or saucepan, add the fava beans and ½ cup water. Warm over medium-high heat. Season with kosher salt and cumin. Use a potato masher or fork to mash the fava beans.

In a mortar and pestle, add the hot peppers and garlic. Smash. Add in juice of one lemon and stir to combine.

Pour the garlic and hot pepper sauce over the fava beans. Add a generous drizzle of extra virgin olive oil. Top with chopped parsley, diced tomatoes, and a few slices of hot peppers, if you like.

Serve with pita bread, sliced veggies and olives.

Recipe from: <https://www.themediterraneandish.com/foul-mudammas-recipe/#tasty-recipes-33099-jump-target>