

Mujadara (Rice and Lentils with Crispy Onions)

Serves 8

This dish is very tasty and aromatic with Middle Eastern spices. It is served with a yogurt sauce.



Ingredients: Crispy onions

- 2 lb. onions
- 2 tsp. salt
- 1 1/2 cups veg. oil
- 4 cups water
- 1 tsp. salt
- 1 1/4 cups green or brown lentils
- 1 1/4 cups basmati rice
- 3 garlic cloves
- 1 tsp. ground coriander
- 1 tsp. ground cumin
- 1/2 tsp. ground cinnamon
- 1/2 tsp. ground allspice
- 1/4 tsp. black pepper
- 1/8 tsp. cayenne pepper
- 1 tsp. sugar
- 3 Tbsp. fresh cilantro

Equipment

- Glass bowl
- Microwave
- Colander
- Baking sheet
- Dutch oven
- Strainer

Mujadara:

☑	Directions	Time (min)	
	Peel and slice onions 1/4 " thick	5	
	Combine onions with salt in glass bowl. Microwave for 5 minutes	5	
	Rinse onions in colander. Transfer to paper towel in baking sheet. Dry well.	3	
	Place oil and onions in Dutch oven and heat over high heat. Stir frequently until golden brown		30
	In a sauce pan, combine water, salt, and lentils	1	
	Bring lentils to a boil over high heat	3	
	Reduce heat and simmer until tender	15	
	Place rice in a bowl. Cover with 2" hot tap water. Let stand		
	Transfer onions to paper towel lined baking sheet to drain. Reserve oil. Wipe out Dutch oven		3
	Drain lentils and set aside	1	
	Using hands, rub rice	1	
	Pour off water. Replace with cold water. Rinse rice. Repeat five times	5	
	Drain rice through strainer	1	
	In the Dutch oven, combine 3 Tbsp. onion oil, remaining garlic, coriander, cumin, cinnamon, all spice, black pepper, and cayenne. Heat until fragrant	2	
	Add rice. Cook until edges are translucent	3	
	Add 2 1/4 cups water, sugar, 1 tsp. salt. Bring to a boil.	3	
	Stir in lentils. Reduce heat to low. Cover and cook until liquid is absorbed	12	
	Remove from heat. Remove lid. Place folded towel over pan. Cover with lid. Let stand	10	
	Fluff with fork. Stir in cilantro and half crispy onions	2	
	Transfer to platter. Top with remaining onions. Serve with yogurt sauce on the side.	2	
		Total	1 1/2 hrs