

Date:

8th March 2020

Recipe by:

Filis Rosenberg (after Yotam Ottolenghi, 2012)

Title:

Mejedra (sometimes also spelled Mujadra)

Ingredients:

250ml sunflower oil

3 tbsp flour

4 medium onions
(thinly sliced)

250g brown lentils

2 tsp cumin seeds

1½ tbsp coriander
(seeds)

200g basmati rice

2 tbsp olive oil

½ tsp turmeric
(ground)

1½ tsp allspice
(ground)

1½ tsp cinnamon
(ground)

1 tsp sugar

Salt

Black pepper

350ml water

Method:

Filis recommends starting this recipe a day ahead by cooking the lentils in a small saucepan with plenty of water for about 15 min. The lentils will be cooked again later with the rice, so they must retain some bite. Afterwards, drain and set aside.

Meanwhile, thinly slice the onions (Filis says using a couple more than the recommended 4 can do no harm.)

Place on a large flat surface, sprinkle with flour and 1 tsp salt. Mix well.

Heat the sunflower oil over high heat and fry the onions in 3/4 small batches until golden brown and crispy. Transfer the cooked onion to a colander lined with kitchen paper to absorb excess oil. Set aside.

Place a dry pan over medium heat and toast the seeds for a minute or 2 until fragrant.

Add the rice, oil, all other spices, sugar, 1/2 tsp salt and plenty of black pepper. Coat the rice with the oil. Add the cooked lentils and the water.

Bring to the boil, then cover with a lid and reduce to very low heat to simmer for 15 mins.

Remove from the heat, lift off the lid and cover with a tea towel. Set aside for 10 mins.

Finally, stir through most of the onions, reserving some to decorate by placing on top of your serving bowl.

Serve warm with greek yogourt, pickled red cabbage or cucumber to taste.