

Mejadra

From Jerusalem (*Ottolenghi and Tamimi*)



- 1 cup sunflower oil
- 4 medium onions, thinly sliced
- 3 tablespoons all-purpose flour
- 1 teaspoon salt
- 1 1/4 cups lentils, brown or green
- 2 teaspoons cumin seeds
- 1 1/2 tablespoons coriander seeds
- 1 cup basmati rice
- 2 tablespoons olive oil
- 1/2 teaspoon ground turmeric
- 1 1/2 teaspoons ground allspice
- 1 1/2 teaspoons ground cinnamon
- 1 teaspoon sugar
- Salt and black pepper
- 1 1/2 cups water (you may need more to keep mixture from sticking)

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>

Servings: 8

Notes: If you're eating this as a main course, it will serve 6. If a side dish, it should serve 8-10 easily.

1. Place the lentils in a small saucepan, cover with plenty of water, bring to a boil and cook for 12-15 minutes, until the lentils have softened, but still have a little bite. Drain and set aside.
2. Peel the onions and slice thinly. Place on a large flat plate, sprinkle with flour and salt and mix well with your hands. Heat the oil in a medium heavy bottomed saucepan placed over high heat. Make sure the oil is hot by throwing in a small piece of onion; it should sizzle vigorously. Reduce heat to medium high and carefully (it may spit) add a third of the sliced onion. Fry for 5-7 minutes, stirring occasionally with a slotted spoon, until the onion takes on a nice golden brown color and turns crispy. Adjust the temperature so the onion doesn't fry too quickly and burn.
3. Use a spoon to transfer onion to a colander lined with paper towels and sprinkle with a little more salt. Do the same with the other two batches of onion, adding a bit more oil if necessary.
4. Pour out the oil and gently swipe the inside with a paper towel. Over medium heat add the cumin and coriander seeds and toast the seeds for a minute or two. Add the rice, olive oil, turmeric, allspice, cinnamon, sugar, 1/2 tsp salt (if needed, mine didn't) and plenty of black pepper. Stir to coat the rice with the oil and then add the cooked lentils and water. Bring to a boil, cover with a lid and simmer over very low heat for 15 minutes.
5. Remove from the heat; lift off the lid and quickly cover the pan with a clean tea towel. Seal tightly with the lid and set aside for 10 minutes.
6. Add half the fried onion to the rice and lentils and stir gently with a fork. Pile the mixture in a shallow serving bowl and top with the rest of the onion with the lid and set aside for 10 minutes. Finally, add half the fried onion and stir gently with a fork. Pile the mixture in a shallow serving bowl and top with the rest of the onion.

Per Serving (excluding unknown items): 490 Calories; 32g Fat (57.2% calories from fat); 12g Protein; 42g Carbohydrate; 11g Dietary Fiber; 0mg Cholesterol; 289mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 6 Fat; 0 Other Carbohydrates.