



Egyptian Koshary

Oscar · 29/09/2024



Prep Time

1 hr 50 mins

Difficult

Medium

Servings

12

Description

This recipe is one of the most famous recipes in Egypt. It's a traditional food that is delicious and savory.

Ingredients

- 1 tablespoon vegetable oil - 2 cups uncooked white rice - 3 cups water - 1 teaspoon salt - 1 (16 ounce) package uncooked elbow macaroni - 1 cup beluga lentils
- soaked in water - ½ teaspoon salt - 1 tablespoon vegetable oil - 5 onions
- minced - 2 cloves garlic
- minced - 3 tablespoons distilled white vinegar - 4 ripe tomatoes
- diced - ½ cup tomato paste - 1 ½ teaspoons salt - 1 teaspoon ground black pepper - 2 ½ teaspoons ground cumin - ¼ teaspoon cayenne pepper

Instructions

1. Heat 1 tablespoon vegetable oil in a saucepan over medium-high heat. Stir in rice; continue stirring until rice is coated with oil
2. about 3 minutes. Add 3 cups water and 1 teaspoon of salt. Bring to a boil; reduce heat to low
3. cover
4. and simmer until the rice is tender and liquid has been absorbed
5. 20 to 25 minutes. Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Stir in the macaroni
6. and return to a boil. Cook the macaroni uncovered
7. stirring occasionally
8. until the it has cooked through
9. but is still firm to the bite
10. about 8 minutes. Drain well in a colander. Return macaroni to cooking pot
11. cover and keep warm. Soak lentils for 30 minutes. Drain and rinse; drain again. Bring 2 cups water to a boil in a pot and stir in lentils. Bring to a boil; cover and reduce heat to low. Simmer until lentils are tender 15 or 20 minutes. Stir in 1/2 teaspoon salt. Heat 1 tablespoon vegetable oil in a large skillet over medium-high heat. Cook the onions in the oil
12. stirring often
13. until they begin to brown
14. 10 to 15 minutes. Onions should be a nice caramelized brown color. Add garlic and cook another minute. Remove from pan
15. drain on a paper towel-lined plate. Place half of the onion mixture into a saucepan. Mix in the vinegar. Add the chopped tomatoes and tomato paste
16. black pepper
17. 2 1/2 teaspoons salt
18. cumin
19. and cayenne (if using). Bring to a boil then reduce heat to medium-low and simmer about 12 minutes. Serve by placing a spoonful of rice
20. then macaroni
21. and then the lentils on serving plates. Sprinkle with some of the browned onions
22. then top with tomato sauce. Recipe Tip To save time
23. you can prepare the lentils the day before and reheat them before serving.