

## **Koshary (Egyptian lentils and rice) (serves 8) – Stove Top**

### Lentils:

1 cup dried lentils (half a one pound bag), soaked in water for one hour, drained  
1 medium onion, chopped  
¼ teaspoon ground black pepper  
¼ teaspoon ground cumin (cumin seed)  
1 tablespoon cooking oil

### Rice:

2 cups uncooked white rice (1 one pound bag)  
¼ teaspoon salt (or to taste)  
2 cups water  
aluminum foil to cover pot

### **Directions:**

Heat oil in a pan – add onion and stir fry over moderate heat for 2 minutes. Add drained lentils, 1 cup of water, pepper and cumin. Bring to a boil and cook for 5 minutes.

Add 1 cup of water to the lentil mix and bring to a boil over moderate heat. Stir in the rice (and salt if desired) and continue to boil. Reduce the heat to low, and cover the pan with the aluminum foil, then with the pan lid. Cook for 15 minutes, stirring once or twice while cooking. Test the rice for doneness. It may be necessary to add an additional 5 minutes over low heat to the cooking time. Let the mixture rest, off the heat, for another 10 minutes without opening the cover.

Serve warm with a side dish of yoghurt.

### Options:

Cut 1 pound of SPAM® or ham into ¼ inch cubes. Fry in oil with a clove of garlic and a pinch of rosemary. Add a dash of Worcestershire sauce and stir into the rice mixture.

Rick Warren (Troop 505)