



Amro's Egyptian Recipes

**PART 1 -
EGYPTIAN
KOSHARY***Rice with Vermicelli and Lentils*

Koshary is Egypt's national dish and a widely popular street food. It is a traditional Egyptian staple, mixing pasta, Egyptian fried rice, vermicelli, and brown lentils, and topped with a zesty tomato sauce, garlic vinegar and garnished with chickpeas and crispy fried onions.

SERVES 4**PREP TIME** 30 MIN**COOKING TIME** 60 MIN**INGREDIENTS***For the lentils*

100g green lentils, soaked for 20 min then drained

For the fried onions

2 tbsp corn flour

1½ tbsp plain flour

2 medium brown onions, thinly sliced and separated

175ml vegetable oil

For the pasta

Boiling water

½ tbsp salt

100g spaghetti, roughly broken

100g small macaroni

1½ tbsp vegetable oil

For the rice

3 tbsp vegetable oil

75g broken vermicelli

225g Egyptian rice, washed

½ tbsp salt

½ tsp ground cumin

½ tsp ground black pepper

METHOD***To cook the lentils***

1 Heat a large pot of boiling water over medium high heat. Add lentils and bring to the boil. Simmer for 15 min until tender. When the lentils are ready, drain and reserve all of the lentil cooking water to use later. Reserve the lentils in a separate bowl.

To cook the onions

2 In a medium bowl, mix together the corn flour and plain flour. Toss the thinly sliced onions in the flour mix.

3 Heat oil in a frying pan. Shake any excess flour off the onions and add the coated onions to the pan. Fry in 2 batches until golden and crispy, around 6 min. Watch the onions carefully and remove just before you think they are ready to prevent them burning. Remove the cooked onions from the pan with a slotted spoon and drain on the kitchen towel.

To cook the pasta

4 Fill a large pot with boiling water and place over high heat. Add 1 tbsp salt and bring to the boil. Add spaghetti and macaroni, return to the boil then reduce the heat slightly. Cook for 12-15 min or until the pasta is al dente.

5 Drain the pasta in a large colander. Add 2 tbsp oil to the spaghetti and macaroni. Mix to coat and set aside. Cover with a lid to keep warm.

To cook the rice

6 Heat 5 tbsp of vegetable oil in a large pot over high heat. Fry the vermicelli until it turns golden brown, stirring frequently, around 3 min.

For serving

200g chickpeas, drained

ALLERGENS Gluten (Wheat & Barley), Sulphites; Green lentils may contain wheat, barley, peanuts, nuts, and sesame; - check product

SUBSTITUTIONS/NOTES

7 Add the washed rice, salt, ground cumin and black pepper to the vermicelli. Mix well and fry for 4-5 min, stirring frequently.

8 Add enough of the reserved lentil cooking water to cover the rice. Bring to the boil then reduce to a low heat. Add $\frac{2}{3}$ of the cooked lentils to the rice, cover with a lid and cook on low heat for 15-20 min on a low temperature until the rice is cooked. Remove from the heat after 15 min. The remaining $\frac{1}{3}$ lentils will be used later.

To serve

9 Spread the cooked rice and lentil mixture on a large platter. Cover with the macaroni and spaghetti mixture. Sprinkle over the reserved cooked lentils and chickpeas. Cover with the fried onions. Serve with the garlic and vinegar sauce, tomato sauce and chilli sauce from Koshary Part 2. Eat hot!



Amro's Egyptian Recipes

**PART 2 -
EGYPTIAN
KOSHARY**

Sauces

Koshary is Egypt's national dish and a widely popular street food. It is a traditional Egyptian staple, mixing pasta, Egyptian fried rice, vermicelli, and brown lentils, and topped with a zesty tomato sauce, garlic vinegar and garnished with chickpeas and crispy fried onions.

SERVES 4**PREP TIME** 30 MIN**COOKING TIME** 60 MIN**INGREDIENTS***For the garlic & vinegar sauce*

1 tbsp minced garlic (3 cloves)

1½ tbsp white vinegar

100ml hot water

30ml lemon juice (about 1 lemons)

½ tbsp ground coriander

½ tbsp ground cumin

For the tomato sauce

3 tbsp vegetable oil

2 tsp minced garlic (2 cloves)

1½ tbsp tomato paste

300g tomato passata

350ml hot water

375ml white vinegar

2 tsp ground cumin

2 tsp ground coriander

½ tbsp salt

2 tsp sugar

METHOD***To make the garlic & vinegar sauce***

1 In a small jug or bowl, mix together minced garlic, vinegar, hot water, lemon juice, ground coriander and ground cumin. Set aside until ready to serve.

To make the tomato sauce

2 In a large pan, heat 4 tbsp vegetable oil. Add 1 tbsp minced garlic and tomato paste and stir for 1 min. Add tomato passata to the hot water. Bring to the boil and with the lid on. Turn heat to low and simmer for 15 min until the oil has come to the surface.

3 Add the vinegar, ground cumin, ground coriander, stir and simmer for 3 min.

4 Add salt and sugar. Stir and remove from the heat. Serve in a small bowl.

To make the chilli sauce

5 In a large pan, add 3 tbsp oil. When the oil is hot, remove from the hob and add the chilli powder. Mix well. Now add 4 tbsp of the tomato sauce and 4 tbsp of garlic & vinegar sauce and return to the hob. Stir until mixed well and starting to bubble. Remove from the heat and serve in a small bowl.

To serve

6 See the recipe for Egyptian Koshary part 1 for how to serve! [Ingredients continued on the next page!]

For the chilli sauce

1½ tbsp vegetable oil

1 tbsp chilli powder

2 tbsp garlic vinegar sauce

2 tbsp tomato sauce

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SUBSTITUTIONS/NOTES