

Recipe for Koshari

What is Koshari? *Koshari* or *koshary* is considered the national dish of Egypt and is made with a mixture of ingredients including brown lentils, pasta, chickpeas, and rice. It is a true comfort food that is reasonably priced and considered vegan. Koshari can be found being sold in streetcars with colored glass, and is so popular that some restaurants sell only koshari! Koshari is recognized as the food of the revolution!



Kosharia is Bengali in origin, and may have come to Egypt in the 1880's with British troops. In its origins, it may have been made from a mixture of rice and yellow lentils called *kichdi* or *kichri*, and served for breakfast. However, now it is now considered a common Egyptian dish, served with tomato sauce and salad.

Now it's your turn to make your koshari! Follow the steps below for cooking each part of koshari and then assemble. Top with tomato sauce and fried onions to finish!

Ingredients to Make Koshari: *When making koshari, it is common to use whatever ingredients you have at home—adjust as needed!*

- olive oil or ghee
- 5 or 6 tomatoes of any kind (or 28 oz can of Italian crushed tomatoes)
- 6 to 8 onions sliced for fried onions (optional to purchase a can of fried onions instead)
- 8 oz brown lentils
- 6 oz medium-grain rice
- 6 oz vermicelli
- 9 oz elbow pasta
- 15 oz can of chickpeas/garbanzo beans (optional to use/cook dried garbanzo beans)
- salt and pepper
- garlic
- white wine vinegar
- cumin
- hot chili powder
- tomato paste
- 1 sweet green pepper
- water



Follow steps below to prepare each element of koshari. Koshari can be made to your liking – you can change the amount of spice and adjust as needed!

Onion Preparation *(if not using canned fried onions)*

- Slice and rub onions with salt, pepper and cumin as desired, leave for an hour (remove as much moisture as possible)
- Cook onions in oil and/or ghee until golden, but not brown. Onion will continue cooking once removed from heat
- Place onions on paper towels, do not crowd the onions. Change paper towels so onions stay crisp, pat dry to remove excess oil
- Keep oil in pan; this will be used for rice and tomato sauce

Tomato Sauce *(if you want your sauce spicier, follow steps for **Spicy Sauce** below)*

- Using 1/4 cup onion cooking oil, cook 2 or 3 grated garlic cloves for one minute, or until fragrant. Add tomatoes (either fresh or canned)
- Add the following ingredients next:
 - 2 tablespoons vinegar and 1 spoonful of hot chili powder
 - 1 sweet green pepper finely chopped
 - 1 teaspoons cumin
 - 1 or 2 teaspoons tomato paste
- Once all is added, mix well
- Cover and simmer 5 minutes on medium high heat
- Add water if needed for desired consistency
- Cover and simmer for 10 or 15 minutes more

Spicy Sauce Option *(if a spicier tomato sauce is desired – follow the instructions below)*

- Follow the same instructions noted above for *Tomato Sauce*, but add additional garlic and hot chili powder to make spicier

Da'ah *(tangy sauce served cold)*

- Combine the following ingredients:
 - 7 minced cloves of garlic
 - 1/3 cup vinegar
 - 1/3 cup water
 - 1/4 cup lemon juice
 - 1 teaspoon coriander
 - 2 teaspoon cumin
 - 1/2 teaspoon cayenne pepper
 - Season with salt and pepper
- Once combined, mix well with whisk

Brown lentils

- Soak 8 oz. of brown lentils one hour in water before cooking.
- Cook in salted water until done, but not mushy
- After cooking, keep water

Rice and vermicelli

- Rinse rice for 15 minutes, drain and dry
- In oil from onions, cook rice until opaque - about 5 minutes
- Add 6 oz. of vermicelli, cook 3 or 4 minutes more
- Add cooked brown lentils, adjust seasoning with cumin and salt to your liking
- Add water from brown lentils; add additional water if needed
- Mix well; cook covered on medium heat for 20 minutes
- When done, mix in 2 serving spoons full of tomato sauce to blend all flavors

Pasta

- Cook elbow macaroni for 10 minutes
- When done, drain water and add some onion fat to keep from sticking
- When rice is done, mix with pasta.

Chickpeas

- If using dried chickpeas, cover the dried chickpeas with water and 1/2 teaspoon baking soda for 8 hours
- After the 8 hours, drain and rinse the chickpeas
- Bring water, 1 tomato, 2 cloves of garlic, one chopped onion, and chickpeas to a boil for 1 hour, or until soft.
- If using canned chickpeas, rinse very well

Please note:

Each ingredient/element of koshari can be cooked separately. After all steps are completed; the different elements of the recipe can be mixed together. To finish the dish, fried onions and tomato sauce can be added on top - these are what make the Koshari!

Enjoy!



