

Tom Sarafian,
AUSTRALIA

KOSHARI

Koshari is Egypt's national dish, popular as a street food and sold on every corner of downtown Cairo. It's a perfect, cheap, simple dish to cook at home using basic, accessible ingredients. Even though the components are humble, the combination is magical, as well as being amazingly filling.



Photo credit: Kristoffer Paulsen

Serves: 8

Time: 1 hour 30 minutes, plus overnight soaking



INGREDIENTS

The lovely carbs

100 grams (3.5 oz) dried chickpeas, soaked overnight
200 grams (7 oz) brown lentils, soaked overnight
200 grams (7 oz) short-grain rice, washed and drained
200 grams (7 oz) vermicelli noodles
100 grams (3.5 oz) macaroni

Tomato sauce

3 cloves garlic
60 ml / grams (2 oz) olive oil
400 grams (14 oz) tin chopped tomatoes
50 grams (1.7 oz) tomato paste
1 tbsp salt
1 tbsp cumin seeds

Chilli sauce

6 long red chillies
3 cloves garlic
1 tbsp salt
1 tbsp ground coriander
100 ml / grams (3.5 oz) olive oil
200 ml / grams (7 oz) water



Crisp onion

1 brown onion, finely sliced
200 ml / grams (7 oz) vegetable oil

To serve

4 eggs
100 grams (3.5 oz) butter

METHOD

This recipe is suitable for traditional and Thermomix cooks. Please note Thermomix alternative methods at steps 2 & 3.

1. Drain soaked chickpeas, place in a large pot and cover with cold water. Bring to a boil then turn down to a simmer and cook until soft all the way through. This will take at least an hour.

2. To make the tomato sauce, finely chop the garlic and fry in olive oil for 3 minutes or until just starting to turn golden. Add the tomatoes, tomato paste, cumin and salt. Cook for 30 minutes on a low heat until rich and glossy. Set aside.

(To make the tomato sauce in a Thermomix, add garlic to mixing bowl and chop **2 sec/speed 8**. Add oil and cook **3 min/100°C (212°F)/speed 1**. Add tomatoes, tomato paste, cumin and salt. Cook **30 min/100°C (212°F)/speed 1**. Set aside.)



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3. For the chilli sauce, split chillies lengthwise, remove seeds and roughly chop. Finely chop garlic. Heat oil in a small saucepan. Add chillies, garlic and salt and fry for 5 minutes or until starting to brown. Add ground coriander and water. Cook for 10 minutes on medium heat until chillies are soft. Blitz until smooth and set aside.

(To make chilli sauce in a Thermomix, deseed chillies and place in mixing bowl with garlic. Chop **5 sec/speed 5**. Scrape down. Add oil and salt and cook **5 min/100°C (212°F)/speed 1**. Add coriander and water. Cook **10 min/100°C (212°F)/speed 1** then blitz **30 sec/speed 9**. Set aside.)

4. In a large saucepan that will hold all ingredients, heat the vegetable oil until smoking and fry the onion slices until golden brown. Remove onion, drain on a paper towel and season with salt.

5. Using the same oil in the same pot, turn heat to low heat and fry vermicelli noodles until golden brown. Tip off about half the excess oil and discard. Drain the lentils and add them to the noodles, along with the rice and enough water to generously cover. Bring to boil and turn down to simmer for 30 minutes, checking occasionally to ensure it's not sticking. Add extra water if mixture is drying out.

6. Cook the macaroni separately, in salted water, according to packet instructions. Drain and set aside.

7. For the eggs, bring 1 litre water to boil, gently place eggs in and cook for 7 minutes. Drain and place in iced water for 3 minutes to stop cooking. Peel and set aside.



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8. Melt butter in a small pot, microwave or Thermomix, and pour into a large mixing bowl. Add the chickpeas, cooked macaroni and lentil mixture and stir to combine everything.

9. Place in serving bowls and top with tomato sauce, egg and fried onions. Serve with chilli sauce on the side.

Tips

- If you forget to soak your chickpeas, you can simply simmer them for longer.
- If you forget to soak your lentils, you can precook them for 15 minutes, or until almost cooked.
- If you don't have vermicelli, replace with broken spaghetti.
- Use passata instead of tinned tomatoes if preferred.



KOSHARI

Serves: 8



SHOPPING LIST:

- Dried chickpeas (100 grams / 3.5 oz)
- Brown lentils (200 grams / 7 oz)
- Short-grain rice (200 grams / 7 oz)
- Vermicelli noodles (200 grams / 7 oz)
- Macaroni (100 grams / 3.5 oz)
- Garlic cloves (6)
- Olive oil (60 ml / grams / 2 oz)
- Tinned tomatoes, chopped (400 grams / 14 oz)
- Tomato paste (50 grams / 1.7 oz)
- Cumin seeds (1 tbsp)
- Long red chillies (6)
- Salt (2 tbsp)
- Ground coriander (1 tbsp)
- Olive oil (100 ml / grams / 3.5 oz)
- Brown onion (1)



- Vegetable oil (200 ml / grams / 7 oz)
- Eggs (4)
- Butter (100 grams / 3.5 oz)