

RECIPES are lived experiences

MJEDDRAH

(lentils and rice)

1 ½ cups lentils *brown*

8 cups water

Salt

1 ½ cups rice

Black pepper

Allspice

2 large onions, chopped *yellow*

4 tablespoons olive oil

Garnish: 2 large onions, sliced in half-moon shapes

2 tablespoons olive oil

~~Rinse lentils with cold water. Boil 8 cups of water over medium heat for 20 minutes.~~
Boil 8 cups of water + 1 tsp salt

~~Meantime, sauté 2 large onions (chopped) in oil. Season with ½ tsp. salt, ¼ tsp. pepper, and ¼ tsp. allspice. Set aside until lentils are ready.~~
add lentils

~~Then add the rice, ½ tsp. salt, ¼ tsp. pepper, and ¼ tsp. allspice with the sautéed onion mixture to the boiled lentils and cook for another 20 minutes (simmer).~~
1 ½ cups

Remove to serving platter (with rim) and cool.

For garnish, fry the half-moon slices of onions in oil until a dark brown and almost "caramelized". Spread evenly over top of lentil-rice mixture. Serve dish at room temperature; good cold in sandwiches. Yield: 6 servings.

For the meal: accompany with cabbage salad made with a lemon-olive oil + garlic dressing; black olives (Calamata); feta cheese and pita bread.

ESAU'S POTTAGE

(Jacob's guile)

Lebanese legend claims Mjeddrah is the pottage of lentils that Esau "sold" his birthright for as written in Genesis 25: 29-34 (RSV). "Then Jacob gave Esau bread and pottage of lentils, and he ate and drank, and rose and went his way. Thus, Esau despised his birthright." (Genesis 25:34)

② Rinse lentils

③ add lentils

= 25 turns of pepper
COVER