

Helen Brown Capital Recipe

Helen will be on the Drivetime show every Thursday from 6pm in "Foodie Thursday".



Middle Eastern Rice (Mejadra)

Delicious served with some lamb or chicken cooked on the barbeque.

Ingredients

2 tbsp olive oil

2 tsp cumin seeds (or 1 tsp ground cumin)

1½ tbsp coriander seeds (or 1½ tsp ground coriander)

200g basmati or long grain rice

Approx 315ml water (different brands of rice require different ratios of rice so check packet)

400g canned brown lentils, drained

½ tsp ground turmeric

1½ tsp ground cinnamon

1 tsp sugar

1 tsp salt

Ground black pepper

Crispy fried onions

3 large onions, slice thinly

250ml vegetable oil

Salt

Method

Onions – Heat the oil in a saucepan over a medium heat. Add about one third of the onions and cook for 5 minutes until golden and crispy. Drain on paper towel and repeat with the remaining onions in 2 batches.

Rice - Put the olive oil, cumin seeds and coriander in a saucepan over a medium heat. Cook for a few minutes until you can smell the fragrant spices. Add the rice and stir to coat with the oil and spices. Add the water and lentils. While it comes to the boil, add all the remaining spices, salt and pepper. Continue to simmer on a low to medium heat covered with a lid for roughly 10-12 minutes until all the liquid has **almost** been absorbed. Remove from the heat and let it rest for 10 minutes – during this time any residual liquid will have been absorbed.

Fluff the rice with a fork and adjust the seasoning with a little more salt if necessary. Prior to serving stir in most of the crispy onions and top with the remainder to serve. Sprinkle with fresh coriander and serve with some Arabic bread and grilled meat.