

## Majadra - Rice & Lentils

### Passport to Peoplehood

Jews are a multicultural people who live around the world.

### Big Ideas

1. Majadra, and similar rice and lentil dishes, are popular throughout India, Ethiopia, North Africa and the Middle East.
2. Jews around the world eat foods that are similar to those of their neighbors.
3. When Jews are from different countries or have different heritages in their family, they take the foods with them where ever they live and share with their children and those around them.



Majadra, also spelled Mujadara, is a filling, nutritious and flavor-packed Middle Eastern and North African rice and lentil dish. It is a pilaf of sorts that is very popular in many households in Israel. Ethiopians cook a similar dish and Indians have Masoor Pulao or red lentil pilaf. In the US, and Central and South America, Majadra is reminiscent of the utterly comforting and delicious rice and beans. This recipe is adapted from Indian Israeli Shulie Madnick, [Food Wanderings](#).

## Majadra - Rice & Lentils

### Materials

Saucepan with lid

Skillet

Measuring cups and spoons

Wooden spoon

Knife

Cutting board

Serving bowl

### Ingredients

1 cup green or brown lentils

1 cup basmati rice

4 medium/large onions

4-5 Tbsp olive oil

½ tsp turmeric

½ tsp cinnamon

1 tsp cumin

1 tsp coriander

1 tsp brown sugar

1½ cup water

½ teaspoon salt, or to taste

Black pepper to taste

Finely chopped parsley

### Directions

1. If time, soak lentils for 30 min and drain. Bring lentils and 1½ cups of water to a boil, cover, and turn down to low for 15 minutes. Strain the lentils and reserve the cooking water.
2. Chop 2 onions. In a big pan, sauté the onions until golden, about 7-10 minutes. Add the spices, mix, then add the rice and mix for another few minutes. Add the lentils and water and bring to a boil. Cook covered on low for 15 minutes. Turn off and leave the pot closed for another 15 minutes.
3. Thinly sliced 2 onions into half-moon shapes. On medium heat, sauté 1 onions at a time until golden and caramelized (this can take up to 15 minutes). Repeat the second batch.
4. Pot in a bowl and garnish with the caramelized onions and chopped parsley. Can be eaten hot or cold.

Note: **Yotam Ottolenghi and Sami Tamimi use these spices in [Jerusalem](#):**

2 teaspoons cumin seeds

1 ½ tablespoons coriander seeds

½ tsp ground turmeric

1½ tsp allspice

1½ tsp cinnamon

1 tsp sugar