

MUJADDARA

FROM THE KITCHEN OF

Rukaya

FLAVORS OF

Syria



INGREDIENTS

4 large onions, sliced into strips
½ cup extra virgin olive oil
1 cup lentils
1 cup rice
5 cups cold water

½ teaspoon ground cumin
¼ teaspoon black pepper
¼ teaspoon 7 spice blends
1 teaspoon salt

INSTRUCTIONS

In a wide non-stick pan, combine the sliced onions and olive oil. Begin cooking over high heat for a few minutes, then reduce the heat to the lowest setting. Caramelize the onions for 35-40 minutes, stirring occasionally to ensure even cooking without burning and until the onions become crispy.

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Rinse the lentils thoroughly and place them in a pot with 5 cups of cold water. Bring the lentils to a boil, then reduce the heat to medium and allow them to cook. After 15 minutes of cooking the lentils, check for doneness. If they are nearly done, add the rinsed cup of rice to the pot. Season with salt, black pepper, ground cumin, and 7 spice blend. Add a quarter of the caramelized onions along with any excess oil from the pan and leave the rest to use as a garnish. Cover the pot with a lid and continue to cook on low heat for another 20 minutes, allowing the rice to fully cook. Taste and adjust the seasoning with salt if necessary. Serve the lentil and rice dish with salad or yogurt on the side.



Rukaya, a mother of 6 from Homs, Syria, moved to Jordan with her family to escape the war in Syria. They resided in Jordan for 10 years, yet never truly felt at home. Finally, after arriving in the US, she feels a sense of belonging again. In her spare time, she takes pleasure in decorating her house and preparing delicious Syrian dishes like Kibbeh. Rukaya harbors a dream of owning her own restaurant one day and is enthusiastic about learning English soon!



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