



Little Chefs Dubai Egyptian recipes

Skills: mixing, rolling, learning about different ingredients

Koushary

Considered The National dish of Egypt- most popular street food

Step 1 Make tomato sauce- sauté garlic with crushed strained tomatoes. Chill overnight.

Step 2 Cooking chickpeas

Soak chickpeas in at least 3 cups of hot water and keep it out of fridge but covered. Next morning, put chickpeas in a cooking pan and bring it to boil. Cook on low heat until it softens. Add 1/2 tsp of salt and 1/4 tsp of cumin. Take it away and add 1 tbsp of lemon juice and leave aside to cool down.

Step 3 Cooking lentils

In a medium size cooking pan put 2 tbsp vegetable oil. Add 2 tbsp diced onions and fry to golden colour. Put around 2 cups of water then add lentils, a little onion and 1/2 tsp of salt. Simmer till it is cooked. Don't let the skin of lentils gets off. Drain lentils.

Step 4 Cooking rice and macaroni

Wash rice then drain it very well. In a cooking pot put 2 tbsp vegetable oil and add rice. Fry rice till it becomes very white. Add 2 cups of water and 1 tsp salt stir till water disappears. Reduce heat to minimum and simmer to cook for 15-20 minutes.

At the same time bring water in another pot to boil very well. Add some drops of oil and 1 tsp of salt. Put small amount of spaghetti and macaroni. When macaroni is cooked, drain well.

Frying onions

Roll diced onions in flour and deep fry in vegetable oil to golden colour.

Serving koshary

Now it's time for serving koshary in layers.

- layer 1: rice
- layer 2: macaroni
- layer 3 lentils
- layer 4 fried onions



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- layer 5 tomato sauce
- layer 6 chickpeas

Enjoy!

Tahini Sauce for temayya burgers

(Middle Eastern sesame sauce)

Taratour is a favorite sauce in the Eastern Mediterranean. Serve it with *shawarma*, fish, *falafel*, *kefta* or over vegetables. Sometimes spelled *taratoor* or *tarator*.

Makes about 1 cup

Ingredients

- Tahini -- 1/4 cup
- Salt -- 1-2 teaspoon
- Water -- 1/2 cup
- Lemon juice -- 1/4 cup
- 1 clove minced garlic

Method

Add all the ingredients to a large bowl and whisk together until smooth.

Tamiya Recipe

Time to table: 30 minutes if using tinned beans. If using fresh beans allow them to soak overnight.

Ingredients for Egyptian Falafel Recipe:

1 Cup broad beans

1 small onion, 3 garlic cloves

1 leek stalk

1 teaspoon of baking soda

1 teaspoon flour

1 teaspoon cumin

1 teaspoon of cayenne pepper, 1 egg

3 Tablespoons sesame seeds

Handful of fresh coriander

handful of fresh dill



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handful of fresh parsley

cooking oil

1 teaspoon of salt to taste

Equipment:

1 electric blender or mixer, 1 cooking pot

Directions:

1. If using fresh beans, soak overnight in cold water.
 2. Chop the onions, garlic and leek and place in a mixing bowl.
 3. Pull the leaves from the sprigs of dill, coriander and parsley and add to mixing bowl.
 4. Add the flour, baking soda, cayenne pepper, cumin and salt to the bowl. Please note that if using tinned beans you will need to add less salt than if using fresh beans.
Add $\frac{1}{2}$ teaspoon salt initially and then add more as required to taste after blending.
 5. Add the beans to the mixing bowl and blend into a green paste. Then gently knead. If too moist add a little flour, if too dry add a couple of spoons of water.
 6. Heat the oil until it is bubbling.
 7. With a wet spoon shape the mix into flat discs 4cm x 2 cm. Sprinkle lightly with sesame seeds and add to the hot oil. The falafel is ready when it has turned brown on the outside. If you find your falafel is breaking apart upon contact with the oil it is too moist. Add some flour and roll it in flour before placing in the oil.
- Serve on pita breads like burgers, with tahini sauce, lettuce, cucumbers and fresh lemon.

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