

Lentils and Rice with Fried Onions (Mujadarrah)

“As plain as this sounds, mujadarrah is absolutely one of the best dishes there is. A Jordanian cook I know serves her version accompanied by a chopped vegetable salad that sparkles with parsley and lemon. Although you can cook the onions in a scant amount of oil, it’s the oil that makes this otherwise humble dish so very good.”

Deborah Madison, *Vegetarian Cooking for Everyone*

- 6 Tbls. olive oil
- 8 oz. onion, sliced into rounds
- 1 ¼ c. green or brown lentils, sorted & rinsed
- Salt and ground black pepper
- ¾ cup white or brown long-grain rice

Heat the oil in a large skillet over medium heat. Add the onion. Cook, stirring frequently, until they are rich and dark brown (about 12 minutes). Meanwhile, put the lentils in a saucepan with 1 qt. water and 1 tsp. salt. Bring to a boil, turn down heat and simmer for 15 minutes. Add the rice, plenty of pepper, and (if needed) additional water to cover. Cover and cook over low heat until the rice is done, about 15 minutes. Stir in half the onions, then cover and let stand off the heat for 5 minutes. Spoon the lentil-rice mixture onto plates or a platter and cover with the remaining onions.