

# Koshari (Egyptian Lentils, Rice, and Pasta)

Prep	15 mins
Cook	2 hrs 15 mins
Total	2 hrs 30 mins
Serves	4

## Ingredients

### For the Fried Shallots and Shallot-Infused Oil:

- 1 cup (237ml) neutral frying oil, such as canola
- 10 medium shallots (14 ounces; 397g), thinly sliced
- Kosher salt

### For the Salsa (Mild Tomato Sauce):

- 2 tablespoons (30ml) shallot-infused oil (recipe above)
- 2 medium cloves garlic, minced (about 1 tablespoon)
- 2 tablespoons (30ml) distilled white vinegar
- 1 cup (240ml) tomato passata
- 1 tablespoon (15ml) tomato paste
- 1 teaspoon granulated sugar
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- Kosher salt and freshly ground black pepper, to taste

### For the Da'ah (Garlic-Vinegar Sauce):

- 2 tablespoons (30ml) onion-infused oil
- 6 medium cloves garlic (30g), minced
- 1/2 cup (120ml) distilled white vinegar
- 1/2 cup (120ml) room temperature water, plus more as needed
- 1 tablespoon ground cumin
- 1 tablespoon (15ml) lime juice
- Kosher salt and freshly ground black pepper

### For the Shatta (Chile-Garlic Sauce)

- 1 tablespoon (15ml) onion-infused oil (recipe above)
- 1 tablespoon red pepper flakes
- 3 medium cloves garlic (15g), minced
- 2 tablespoons (30ml) tomato paste
- 1/4 cup (60ml) mild Tomato Sauce (recipe above)
- 1/4 teaspoon ground cumin
- Kosher salt and freshly ground black pepper

### **For the Koshari:**

- 1/2 cup (120ml) onion-infused oil (recipe above)
- 1/2 cup white basmati rice (about 3 ounces; 90g), soaked in cold water for 30 minutes then thoroughly rinsed and drained
- 1/2 cup Italian vermicelli pasta (about 2 1/4 ounces; 65g)
- 1/2 cup black lentils, such as beluga (3 1/2 ounces; 100g), soaked in hot water for 1 hour
- 1/2 cup elbow pasta (about 2 3/4 ounces; 75g)
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- Kosher salt and freshly ground black pepper

### **To Garnish:**

- One 14.5-ounce can chickpeas, drained and rinsed
- 1/4 cup da'ah (recipe above)
- 1/2 cup salsa (recipe above)
- 1/2 cup fried onions (recipe above)
- Shatta (recipe above)

## **Directions**

- 1. For the Fried Shallots and Shallot-Infused Oil:** In a 10-inch skillet, combine oil and shallots over medium heat, and cook, stirring often, until shallots are golden brown and crisp, 20 to 30 minutes.
2. Strain through a fine-mesh strainer into a heatproof bowl. Transfer shallots to a paper-towel lined plate to drain and season with salt. Set shallot-infused oil aside to cool. Store the fried shallots in an airtight container until you are ready to use. Store the shallot-infused oil in a clean jar once cooled.
- 3. For the Salsa:** In a medium saucepan, heat 2 tablespoons of shallot-infused oil over medium-low heat until shimmering. Add garlic and cook, stirring constantly, until garlic is fragrant and golden brown, 1 to 2 minutes. Whisk in vinegar, tomato passata, sugar, cumin, and coriander. Adjust heat to low and simmer until slightly thickened, about 10 minutes. (The sauce should have the consistency of a marinara; if it becomes too thick, loosen the sauce with additional water as needed.) Remove from heat and set aside uncovered; remove 1/4 cup salsa and set aside for shatta.
- 4. For the Da'ah:** In a small saucepan, heat 2 tablespoons shallot-infused oil over medium-low heat until shimmering. Add garlic and cook, stirring constantly, until fragrant, about 30 seconds. Whisk in vinegar, water, lime juice, and cumin. Season with salt to taste. (If sauce is too acidic, add one or two tablespoons of water.) Remove from heat and set aside. Wipe saucepan clean to prepare the shatta.
- 5. For the Shatta:** In the now-clean small saucepan, heat 1 tablespoon shallot-infused oil over medium-low heat until shimmering. Add red pepper flakes, stirring constantly until fragrant, 30 seconds to 1 minute. Add garlic, and cook, stirring constantly, until fragrant, about 1 minute. Stir in tomato paste until well combined, followed by 1/4 cup salsa (prepared in step 3) and ground cumin. Simmer on low heat until slightly thickened, 2 minutes. Remove from heat and season with salt to taste. Set aside. (See notes.)

6. **For the Koshari:** In a small saucepan or kettle, bring 2 cups (240ml) of water to a boil, set aside. In a 6-quart heavy-bottom pot, heat 1/4 cup shallot oil over medium-low heat until shimmering. Add vermicelli, stirring to coat in oil until they are a deep amber color, about 4 minutes. Add rice and elbow pasta to vermicelli and stir until evenly coated in the oil, 1 to 2 minutes. Stir in the black lentils. Pour in the 2 cups of freshly boiled water; there should be just enough to cover the ingredients. Add cumin, coriander, 1/2 teaspoon salt, and pepper, and bring to a boil over high heat, cooking until all the water has been absorbed, about 5 minutes. Reduce heat to medium, cover with lid, and cook until rice and lentils are tender, about 3 minutes. Let rest off heat for 1 minute, then uncover the pot and, using a fork, fluff rice and season with salt to taste.
7. **To Assemble:** Transfer koshari to a large serving dish. Drizzle koshari with da'ah and remaining salsa, top with chickpeas, and garnish with the prepared fried shallots. Serve warm with remaining sauce and shatta on the side.

## Special Equipment

10-inch nonstick or cast iron skillet, fine-mesh strainer, medium saucepan, small saucepan, large heavy-bottom pot

## Notes

This recipe can be halved or doubled.

The shatta should have a similar texture slightly thicker than hot sauce, like that of sriracha. Sriracha or store-bought chile garlic sauce can be substituted for homemade shatta.

## Make-Ahead and Storage

The sauces can be refrigerated in airtight containers for up to 3 days. The fried onions can be made 1 day in advance and stored in an airtight container at room temperature.

The koshari can be stored in an airtight container or zip-top bag and frozen for up to 1 month.

To reheat koshari in the oven: Preheat the oven to 350°F (175°C). Place koshari in a baking dish, cover tightly with aluminum foil, heat until warmed through, about 15 minutes.

To reheat in the microwave, place koshari in a microwave-safe container and heat until warm, about 90 seconds.

# How to Make Ghana Jollof Rice

Ghanaian Jollof Rice is more than just a meal, it is an aesthetically pleasing delicacy, one that is never lost in any celebration or gathering of Ghanaians.



★★★★★ 5 from 3 votes



PREP TIME  
15 mins

COOK TIME  
1 hr 15 mins

TOTAL TIME  
1 hr 30 mins



COURSE  
Main Course

CUISINE  
Ghanaian

SERVINGS  
3



CALORIES  
217 kcal

## INGREDIENTS

- 3 cups of Jasmine rice
- 2 tins of tomato paste 156ml
- 5 crimson peppers/2 large shepherd peppers
- 1 red onion
- 1 red onion diced
- 1 garlic clove peeled
- 2 scotch bonnets optional
- 2 1/2 cups chicken/beef broth
- Salt to taste
- 2 bouillon cubes
- 1 Tbsp curry powder
- 1 tsp black pepper
- 4 bay leaves
- 1/3 cup of vegetable oil

## INSTRUCTIONS

1. Start off by heating the oil in a large pot, toss in the diced onion and stir for about 10 minutes on medium heat. The idea is to fry till the onions turn slightly brown.
2. Add in tomato paste, continue to fry for 10 mins till the colour of the paste turns bright red and grainy.

3. Blend the crimson/shepherd peppers, scotch bonnet, garlic and one onion till smooth and add into the tomato paste mix, cover the pot and let it cook on medium to low heat to for 15 mins.
4. Season with the curry, black pepper, bouillon cubes and salt. Fry for another 5 minutes before going in with the chicken or beef broth, wait for it to come to a soft boil while you move on to step 5.
5. Rinse the jasmine rice till the water is clear (not thick white), drain and add into the pepper mix, combine well and cover to cook on low heat for 45 mins.
6. Use a wooden spatula to fluff the rice from the bottom up. If the rice is yet to reach your desired texture, cover and let it cook further, do NOT add any water, as long as the pot is covered tightly, the steam will soften the rice. Continue to fluff the rice intermittently to prevent excessive burning or sticking.

---

## NOTES

*For that extra kick, add a scoop of shito to the side of the plate and watch how each spoon catapults you to the streets of Accra. Enjoy!*



### KEYWORD

Ghanaian Jollof Rice Recipe, How to Make Ghana Jollof Rice



# Chinese Vegetable Dumplings (Jiaozi / 餃子)

Makes approximately 7-dozen (84) dumplings. Enough to feed 4-6 adults depending on appetite! Please visit the [blog page](#) for step-by-step photos and links to video tutorials.

## Ingredients:

**For the Dough (can be made a day ahead to rest overnight at room temperature; makes about 2lb of dough):** You can also use ready-made won-ton covers 

4 ½ C (635g) Unbleached, organic all-purpose flour (un-sifted, just scoop and level off; or better yet, weigh on kitchen scale)

1 1/3 C (315ml) tepid water, plus 2-4 tbsp more as needed

## **For the Filling (makes about 6 cups):**

You can also just make the filling to serve with Bok Choi Garlic Rice.

Oil for sautéing (I use avocado oil)

1 lb (450g) snow pea leaves/tips, tougher stalks pulled off (can substitute baby bok choy)

1 lb (450g-pack) organic extra firm tofu, squeezed dry in a nutmilk bag or cheesecloth

1 lb (450g) fresh shiitake mushrooms, stems trimmed off and chopped small

¼ lb (115g) Chinese chives, chopped (can substitute 7-8 scallions plus 2-3 cloves minced garlic)  
(green onions)

1 tbsp tamari (can substitute light soy sauce)

2 tsp sesame oil

¼ tsp white pepper powder

Kosher salt to taste, starting with 1 tsp and work up (I use Diamond kosher salt, about 1.5-2 tsp)  
(ordinary salt works too)

**Optional for Dipping, amount per person:** 2 tbsp Chinese black vinegar, 2 tsp Chinese chili oil, ½ tsp toasted sesame oil



## Method:

**Make the dough (skip if using store-bought wrappers):** Place the flour in a large mixing bowl. Put bowl on top of a moist kitchen towel to help it stay in place while you stir. Slowly drizzle the 315ml of water in a steady stream while mixing with your hand or pair of chopsticks. Once incorporated, the dough should still look a bit scraggly with some loose, dry bits throughout. Start kneading the dough with your hands, only sprinkling teeny bits of water over very dry areas as needed. Knead for 8-10 minutes until very smooth. Shape the dough into a ball and allow to rest 15 minutes under a tea towel. Knead again for 3 minutes. Drizzle a tiny bit of oil into the mixing bowl and roll the dough ball around to lightly coat all over. Cover with tea towel again and this time, rest for at least 1 hour or up to overnight (use food wrap to wrap tightly if resting overnight). The longer the dough rests, the softer it gets. Softer dough is easier to handle but you also want the dough to retain some chewiness. Meanwhile, make the filling.

**Prepare the filling:** Preheat a wok or large cast iron pot over medium heat. Drizzle some oil, add snow pea leaves and sauté until just wilted but still bright green, about 1-2 minutes. Do in batches if needed and do not overcook. Place back in colander to cool. Next, drizzle a bit of oil and sauté the chopped chives about a minute and add the chopped shiitake mushrooms to brown, about 3-4 minutes. Set into large mixing bowl. The sautéed snow pea leaves should be cool to touch now. With the colander set in the sink, grab handfuls of the greens with both hands and squeeze excess water out. Repeat until all of it has been squeezed. Add these to the bowl of chives and mushrooms. Finally, add the squeezed tofu, tamari, sesame oil, white pepper powder and kosher salt to taste. Mix well. Taste a bit of filling and adjust seasoning to your taste. Filling should be on the saltier side since it will be wrapped inside unsalted dough.

**Wrap the dumplings:** Set up your wrapping station. Line two baking sheets with parchment paper to hold the wrapped dumplings. Set out the bowl of filling and a small dish of cold tap water for sealing edges. Have some flour on hand for dusting as you roll out dough. A kitchen scale is useful to weigh out dough pieces to ensure you end up with same-sized wrappers (but don't worry if you don't have one, you can also eye ball it). Roll wrappers and fill and fold them in small batches, as the rolled-out wrappers dry out quickly.



Cut the dough ball into 6-8 more manageable pieces. Take one cut piece (re-covering the rest under the tea towel) and roll it with your hands into a long rope about 1" in diameter. Cut into 1 tbsp sized pieces, about 10g each. Dust pieces with flour and also your work surface. With one cut-side facing up, flatten the piece of dough with the palm of your hand. Dust a small rolling pin to roll the dough into circles approximately 3½" in diameter, with the edges thinner than the centre of the wrapper.

You can roll dumpling wrappers in one of two ways: (1) roll forward and back while rotating the dough 45 degrees after each pass, exactly like you would when rolling out pie dough, OR (2) left hand rotates the dough simultaneously while right hand rolls the rolling pin over the right edge of the dough (or vice versa for Lefties). I actually do a combo of the two. I start with method 1 because I find it easier to create a nice round shape that way. Then once I've reached about 80% of the desired size, I switch to method 2 to achieve the thinner edges all around. Don't worry, it needs not be perfectly circular. And practice makes perfect! Dust lightly with flour as needed. Roll out 3-5 wrappers at a time, then move to the next steps.

Place about 1 tbsp of filling in the center of your dough wrapper, leaving a border all around. Adjust amount of filling such that you get a plump dumpling (nothing like a flaccid dumpling) but can still comfortably seal the edges without a risk for coming apart during cooking. Dab one finger in the water and run it around the outer edge of the wrapper to wet it. This helps to form a secure seal.

Wrap the dumpling however your wish – there are a myriad of styles! The quickest and simplest way is to fold it in half, into a half moon. My personal go-to is the symmetrical pleat, as pictured in this post.

How To Pleat like mine (see images and GIF): Start by attaching opposing ends of the wrap (i.e. the 12 o'clock to the 6 o'clock part of the circle) and press gently, at just that point, so it sticks together there. From that center point, begin working outward to the left of the half-circle all the way to the outer end, folding a series of 3 to 5 slightly-overlapping pleats. Repeat the same pleats on the right side, from center point to the outer end. Note that when making each pleat, only one side (the outward facing side) of the wrapper is manipulated i.e. the inward facing side of the wrapper does not move. Fold a



small pleat and press down to seal; repeat with another pleat slightly overlapping the first and press down to seal. At the end, pinch flat to close or, my way is to tuck the end in once, then pinch. It sounds a little complicated trying to describe in words – have a look at the step-by-step images and GIF for the visual.

**Cook the dumplings:** In this recipe, we are boiling the dumplings. It may not be as photogenic / Insta-worthy as the pan-fried way, but it is the coziest and my absolute favorite way to eat dumplings. Also, a practical benefit is you can boil a lot more dumplings at a time than pan-frying or steaming. To boil, set a large pot of water to a rolling boil. Place dumplings in gently, one by one or a few at a time with the aid of a handled-strainer. You can cook as many as 30 dumplings at a time, provided your pot is large and they are not over-crowded. Stir dumplings around regularly to prevent sticking to the bottom. Allow the water to come back to a boil and the dumplings to bob to the surface, about 2-3 minutes. Keep at a boil to cook until dough has become translucent, for a total cooking time of 5 minutes or so. [If cooking dumplings from frozen, add a couple of minutes to the cook time]. Test a dumpling for doneness. The filling should be heated through and the dough slightly chewy, tender and not raw. The beauty of this filling is there is no need to worry about raw meat. Everything in the filling is cooked. You just need the wrapper to cook through. Once done, strain right away. Don't walk away to do something else and risk overcooking the dumplings. Overcooked = soggy dough and nobody likes that. Serve fresh with dipping sauce. **To pan-fry:** You can still pan fry a batch. In fact, we often eat the first round boiled, followed by second round pan-fried! Best of both 😊 Heat a non-stick or well-seasoned cast iron skillet over medium to medium-high heat. Drizzle oil and place boiled/drained dumplings in skillet. Fry 3-4 minutes on each side, or until desired crispiness.

Enjoy! x

---

## RECIPE NOTES

- 1. Scaling this recipe up or down:** This recipe can be scaled up for more dumplings or down for fewer. I personally love bigger batches when it comes to dumplings because they keep well in the freezer for future enjoyment!



- 2. A dry filling is key:** There are so many different filling options for dumplings. Really the sky is the limit. But in my opinion, the best dumpling filling (regardless of the ingredients) is one that has a firm mouthfeel and isn't flimsy and "loose" when you bite into it. To that end, especially with a vegetarian filling like this recipe involving leafy greens and tofu – two ingredients with a ton of moisture – properly squeezing out the excess water is CRUCIAL. I use a nutmilk bag for squeezing tofu but you can also use a cheesecloth, a *thin* kitchen towel or even a clean cotton t-shirt will do the job. For the cooked leafy greens, I simply grab with my hands and squeeze in batches over a large colander.
- 3. Homemade versus store-bought wrappers:** Hey, no judgement if you're short on time and need to use store-bought wrappers. I do it regularly, especially when I'm making 300-400 dumplings at a time! I will point out, that unfortunately most store-bought wrappers contain preservatives, even if they are kept and sold frozen. So annoying. I drive 20 minutes to a Japanese store to get my hands on frozen, preservative-free wrappers to keep in my freezer for future use. Defrost frozen wrappers overnight in the fridge. All that said, homemade wrappers as written in this recipe are rather easy to make. Only flour + water + time for the dough to relax. The dough is very easy to handle. And no yucky additives.
- 4. Boiling versus other method of cooking e.g. steaming or pan-frying:** Use hot water instead of tepid water in the dough if you plan to steam or panfry the dumplings. Alternatively, if like me, you like both boiled and pan-fried, boil all the dumplings first. Strain well and panfry 3-4 minutes on each side with a bit of oil in a sauté pan on medium to medium-high heat. Best of both worlds!
- 5. Freezing:** Line a baking sheet with parchment paper. Set dumplings in a single layer, close together but not touching each other. Put in the freezer for about an hour, or until they are very firm. Gently place them in a ziptop bag, label how many, and store in the freezer for up to a month or so. When cooking frozen dumplings, there is no need to defrost them first. Cook them straight from the freezer. They take a few more minutes than fresh ones. Test to make sure filling is heated through and dough is translucent and no longer raw.

## Kichree - Iraqi rice and lentils with garlic and cumin



I promised a friend I would share this recipe for kichree (كجري), a traditional Iraqi dish of rice and red lentils, with tomato, cumin and plenty of garlic. It's similar to the Egyptian kushwaree, and much more distantly related to kedgeree.

I think this version is originally by Linda Dangoor, shared with me from a book of Iraqi Jewish recipes, that is sadly out of print.

### Ingredients

- 400ml basmati rice
- 150ml red lentils
- 450ml water
- 3 tbsp olive oil
- Small onion, chopped
- 3 cloves garlic, finely chopped
- 1 1/2 tsp ground cumin
- 3 tbsp tomato puree
- Salt

### Method

- Sauté the onions in the oil until softened
- Add the garlic, spices, tomato and salt
- Add the rice and lentils and mix to ensure every grain is coated in the oil and spices
- Add the water and bring to the boil
- Once the water looks absorbed into the rice, cover, turn onto the lowest heat and cook for 20-25 minutes. Try to resist opening the lid, unless absolutely necessary, as the steam helps the rice to cook.
- Rest for 10 minutes with the lid on before serving.

This tastes good served with a little natural yoghurt, fried onions, grilled halloumi, or I quite like it with some toasted almond slivers or pine nuts. Adding a fried egg on top is also very traditional.

A tip to get the rice nice and fluffy is to soak for 30 minutes beforehand, and to properly wash it. I wash the rice in a large bowl by filling with water, swishing (very technical!) and pouring out the cloudy water. I repeat 8-10 times, until the water goes clear. Substituting about a quarter of the white rice for brown basmati is also nice and would give a more al dente texture. Finally, cooking rice in this way will result in a crust of rice at the bottom of the pan that might be a little bit - to use a Scottish term - 'well fired'. That's equally traditional, as anyone from this region will testify - some people I know might even call that the best bit!

# Saffron Rice



**Mersedeh Prewer** (<https://www.themediterraneandish.com/saffron-rice/#wprm-recipe-container-62232>)



Beautiful, fragrant, and fluffy, this saffron rice is easy and quick to make, delivering an elegant accompaniment to a favorite stew, kabob dish, vegetarian main, and so much more.

**Prep – 10minutes mins**

**Cook – 20minutes mins**

**Total – 30minutes mins**

**Cuisine: Middle Eastern**

**Serves – 4**

## Ingredients

- 10 [saffron strands](#), ground or 1/8 teaspoon ground saffron
- 1 cup basmati rice
- 2 tablespoons [extra virgin olive oil](#)
- 1 small yellow or white onion, finely diced
- 1 garlic clove, crushed or minced
- 1 1/2 cups vegetable broth, chicken broth, or water
- 1 bay leaf
- 1 small lime, zested
- Kosher salt

## Instructions

- **Grind and bloom the saffron:** Add the saffron threads to a spice grinder or mortar and pestle. Grind the strands into a fine powder. Mix 1/8 teaspoon of the ground saffron with 3 tablespoons of water. This process is called blooming and will draw the color and complex flavor from the spice far more effectively than using the strands. Set aside to bloom.
- **Rinse the rice:** Put the rice in a fine mesh strainer and rinse with cold water until the water runs clear.
- **Sauté the aromatics:** In a medium saucepan set over medium-high heat, add the olive oil. When the oil shimmers, add the diced onion. Cook, stirring, until the onion softens and turns translucent. Add the crushed garlic and stir until the aroma is released, about 30 seconds.
- **Toast the rice and add the bloomed saffron:** Add the rice to the pot with the onions and the garlic and toss until it is well coated in the onion mixture. Add the bloomed saffron liquid and stir until everything is well mixed.
- **Add the broth and bring to a boil:** Add the broth or water, bay leaf, and lime zest. If you're using water or low sodium broth, season with a good pinch of kosher salt. Give the mixture a stir,

then bring the water to a boil. Once boiling, turn the heat to low and cover the pot. Cook until the rice has absorbed the water, about 15 to 20 minutes.

- **Finish and serve:** Turn the heat off. Leave the rice, covered and undisturbed, for 5 more minutes. Remove the bay leaf, fluff the rice with a fork and serve.

## Notes

- Don't skip rinsing your rice! It's a vital step to make sure it gets fluffy instead of clumpy.
- If you're using low sodium broth or water, make sure to add a healthy pinch of salt when you add the broth.
- When zesting your lime, be careful not to zest too deep and add the bitter white pith.

## Nutrition

Calories: 252.3kcal Carbohydrates: 42.7g Protein: 3.8g Fat: 7.4g Saturated Fat: 1.1g Polyunsaturated Fat: 0.8g Monounsaturated Fat: 5.2g Sodium: 356.5mg Potassium: 113.7mg Fiber: 1.6g Sugar: 2.3g Vitamin A: 198.3IU Vitamin C: 7.2mg Calcium: 26.4mg Iron: 0.6mg



# The Best Carrot Rice Recipe (Iraqi Timman Jizar)

<https://www.hungrypaprikas.com/carrot-rice/>

- 1 onion
- 3 medium carrots, grated (about 1.5 cups packed) \*see notes
- 1 tomato
- 4 tablespoons vegetable oil
- 2 cinnamon sticks
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon black pepper
- 1 and 1/4 teaspoon salt
- 1 chicken bouillon cube, substitute for vegetable for vegetarian option
- 1 and 1/2 cups basmati rice
- 2 and 1/4 cups water

## Instructions

Start by finely dicing the onions and tomatoes

- Wash, peel and grate the carrots, discarding the green parts
- In a non-stick pot on medium heat, heat the vegetable oil and add the onions. Cook for a few minutes until softened
- Next add the tomato, and continue to cook for a few more minutes
- Add the grated carrots, along with the bouillon cube, salt, pepper, cinnamon sticks and ground cinnamon. Cook for 5 minutes, stirring every few minutes
- Wash and drain the basmati rice, and add it to the pot. Stir and cook for 2 minutes
- Add the water and allow everything to start bubbling
- Once rice is bubbling, cover and cook on low heat for 20 minutes. Do not open the lid
- After 20 minutes, open lid and fluff rice with a fork. Serve & enjoy

## Notes

- If you absolutely hate shredding carrots (Come on – it takes 5 minutes!) you can substitute frozen carrot cubes. However the fresh shredded carrots definitely yields a lot more flavour!
- Be sure to use the exact rice and water measurements in the recipe to ensure you have perfectly fluffy rice!
- You can add other vegetables in there if you like, like peas.

*Serving: 1g, Calories: 127kcal, Carbohydrates: 7g, Protein: 1g, Fat: 11g, Saturated*

*Fat: 2g, Polyunsaturated Fat: 6g, Monounsaturated Fat: 3g, Trans*

*Fat: 0.1g, Cholesterol: 0.1mg, Sodium: 219mg, Potassium: 161mg, Fiber: 2g, Sugar: 3g, Vitamin*

*A: 6121IU, Vitamin C: 4mg, Calcium: 35mg, Iron: 0.3mg*

## Or Iraqi "Timman" – Rice



<https://www.food.com/recipe/our-iraqi-timman-rice-437903>

"pretty much the base food for every meal that we cook. the "hikaka" at the bottom is an absolute must.. its an arab delicacy lol. note, if you try it, that the water amount probably isnt accurate. i dont measure things with a measuring cup-- just cover the rice with about 1/2" of water. also for easier removal, this works best with a nonstick pot"

### Ingredients

- 3cups [basmati rice](#)
- 4tablespoons vegetable oil
- 1tablespoon [salt](#)
- 2teaspoons [turmeric](#)
- 2 ½cups [water](#)
- 3tablespoons dehydrated onion

### Instructions

1. 1. dump oil into pot, heat on medium high.
2. 2. add dry rice, salt. saute about a minute or so. do not stir it after this point.
3. 3. add the water, and turmeric. as i said, no exact amount. fill the pot and cover the rice about 1/2" with the water.
4. 4. allow to come to a rapid boil, and then reduce the heat to medium/low (or about a 3).
5. 5. cover the pot, and do not open for at least 30 minutes.
6. to serve, dump the pot upside down on a serving platter. the "hikaka" will be on the top of your rice. it's just crispy "over cooked" rice, but it's unbelievably delicious

## Brazilian Rice and Beans (Instant Pot & Stovetop) by Patricia GRANEK

[https://at-my-table.com/wprm\\_print/brazilian-rice-and-beans-instant-pot-stovetop](https://at-my-table.com/wprm_print/brazilian-rice-and-beans-instant-pot-stovetop)

Brazilian Rice and Beans is a comforting, protein-packed dish with creamy pinto beans and fluffy, garlicky rice. Naturally gluten-free and dairy-free, this staple of Brazilian cuisine is easy to make, meal-prep friendly, and full of rich, savory flavors.

Prep Time 5 mins  
Cook Time 1 1/2 hour  
Gluten-free, vegetarian

Servings: 8 servings  
Calories: 252kcal

### Pinto Beans

- 2 cups pinto beans dry
- 3 bay leaves
- 1 tbsp olive oil
- 1 onion diced
- 3 garlic cloves minced
- 1 tbsp smoked paprika or regular
- 1 tsp cumin
- 1 tsp salt
- 1 tsp pepper
- 1 tsp chili peppers optional

### Brazilian Rice

- 2 cups long grain white rice
- 1 tbsp olive oil
- 1/2 onion diced
- 2 garlic cloves minced
- 1 tsp salt
- 3 cups water

### -Cooking Brazilian Pinto Beans

1. **Soak the Beans** – Soak dry pinto beans in cold water for at least 3 hours (or overnight) to reduce cooking time and improve digestion. Skip this step if using canned beans.
2. **Cook the Beans** – Drain and rinse. Add to a large pot, covering with 2 inches of water. Add bay leaves and cook over medium-high heat for 60 minutes until tender.
3. **Make the Flavor Base** – In a large skillet, heat olive oil over medium heat. Sauté chopped onion, garlic, and spices until onions are translucent, about 3 minutes..Add spices and stir well. Add mix to drained cooked beans

### -Making Brazilian Rice

1. **Rinse the Rice** – Wash under cold water until the water runs clear to remove excess starch and ensure a fluffy texture.
2. **Sauté the Rice** – Heat olive oil in a large pot over medium heat. Add chopped onion and garlic, cooking until translucent. Stir in the rinsed white rice, toasting for a couple of minutes.
3. **Cook the Rice** – (as mentioned on the package)
4. **Rest & Fluff** – Turn off the heat and let rice sit, covered, for a couple of minutes before fluffing with a fork.

### Storing & Reheating :

- **Fridge** – Store in an airtight container for up to 4 days.
- **Freezer** – Freeze beans and rice separately in freezer-safe containers for up to 3 months.

- **Reheating** – Warm in the microwave with a splash of cold water or on the stovetop over medium heat with boiling water if needed.

**Meal Prep This:** Cook extra pinto beans and freeze in portions for quick meals.

### **Nutrition**

Serving: 1serving | Calories: 252kcal | Carbohydrates: 47g | Protein: 6g | Fat: 4g | Saturated

Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated

Fat: 3g | Sodium: 706mg | Potassium: 248mg | Fiber: 4g | Sugar: 2g | Vitamin A: 602IU | Vitamin

C: 3mg | Calcium: 50mg | Iron: 2mg | Zinc: 1mg

recipe by AtMyTable, for more quick family recipe ideas follow me at [www.at-my-table.ca](http://www.at-my-table.ca) or @at.my.table on IG

## Brazilian Rice (with tomatoes)

Submitted by TLu1089 (<https://www.food.com/recipe/brazilian-rice-310199>)

Ready in 35 minutes

Serves 4

### INGREDIENTS

- 1 cup **onion**, chopped
- 1 **garlic clove**, minced
- 2 **tbsp olive oil**
- 1 cup **tomatoes**, chopped
- 1 cup **long grain white rice**
- ½ **tsp salt**
- ¼ **tsp pepper**
- 1 ½ cups **water** or 1 1/2 cups **broth**

### DIRECTIONS

1. Wash and drain rice.
2. Set aside.
3. Sauté onion and garlic in olive oil until soft.
4. Add tomatoes, rice, salt, pepper and water or broth.
5. Bring to a boil.
6. Bring heat to medium.
7. Cook until all bubbles on surface have disappeared.

Cover and cook on low heat for 20 minutes

## Brazilian Yellow Rice

Recipe courtesy of [Michelle N. Warner](#)

<https://www.foodnetwork.com/recipes/food-network-kitchen/brazilian-yellow-rice-11148521>

- Level: Easy
- Total: 35 min
- Active: 10 min
- Yield: 4 servings

*This dish is a staple that was brought to Brazil in the 1500s by Portuguese colonizers. Saffron was originally used to season and color the rice, but turmeric became more popular due to its greater abundance and lower price. This version is based on a college friend's recipe. Her family in Brazil usually served it alongside black beans stewed with similar ingredients to compliment the flavor and make a complete meal. For special occasions, they added chicken, peppers and peas, transforming the rice into a popular dish called galinhada.*

### Ingredients

2 tbsp olive oil

1 small onion, cut into small dice (about 1/2 cup)

1/2 tsp ground turmeric

1/4 tsp ground coriander

1/4 tsp ground cumin

1/4 tsp garlic powder

Kosher salt or you can use regular salt

1 cup long-grain white rice

1 3/4 cups chicken broth (or any broth)

### Directions

1. Add the oil to a medium saucepan and heat over medium-high heat until shimmering. Add the onions, turmeric, coriander, cumin, garlic powder and 1 teaspoon salt and reduce the heat to medium. Cook, stirring occasionally, until the onions are softened and the spices are toasted, 3 to 4 minutes.
2. Add the rice and stir until the grains are completely incorporated into the onion mixture. Add the broth and bring to a boil over medium-high heat. Reduce the heat to low, cover tightly and simmer for 15 minutes.
3. Remove the pot from the heat and let sit, covered, for 10 minutes more; the rice will continue to steam. Uncover the pot. All the broth should be absorbed and the onions will be on top. Fluff the rice with a fork before serving.

# How To Make Maki Rolls

By: [Sarah - Curious Cuisiniere](#)

<https://www.curiouscuisiniere.com/recipe-index/>

Everyone we make sushi with is amazed how easy the process really is. So, what are you waiting for? Let's learn what maki is and make some homemade. Do you love sushi? Have you ever tried sushi? It seems like when it comes to sushi, people fall into one of two camps: they can't get enough or they've never tried it because the idea of eating raw fish sounds gross. Well, first of, if you've never tried sushi because of the raw fish deal. You need to know one important thing: there's WAY more to sushi than raw fish. There are rolls with cooked seafood and there are rolls that just have veggies. And, when you're making your own sushi, you can put whatever sushi filling in there that you want to. Buffalo chicken? Why not?



## What is Maki?

There are many different types of sushi, but one of the most popular types in the States tends to be *makizushi* (“maki” means “to roll” and *zushi*” is the conjugated version of the word “sushi”).

This type of sushi is also known as *norimaki* because the sushi is rolled in dried seaweed, called “nori.” Now that I think of it, in the States, we often call them *maki rolls*, which is a bit repetitive. I guess we should actually be calling them *nori rolls*!

## Special Tools for Making Maki

Like we mentioned, rolling maki sushi isn't all that difficult. You'll need a [bamboo rolling mat](#) and [nori](#) (seaweed sheets), both of which can be found at World Market, Asian grocery stores, and some conventional groceries in the Asian section.

## What is Sushi Rice?

Then, you'll need a recipe for sushi rice. (Keep reading. We wouldn't leave you hanging like that!)

To make sushi rice you first need to be sure to rinse the rice grains of any excess starch. This makes sure they cook up to be fine, sticky grains, rather than a starchy mess.

Sushi rice is seasoned with rice vinegar, sugar, and a bit of salt. The rice will taste odd by itself, but trust us, the rice needs to be seasoned this way in order for the sushi to taste right.

## Choosing Your Sushi Fillings

We tend to avoid the raw seafood when we make sushi, simply because sushi grade seafood (seafood that is safe to eat raw) can be hard to find and is quite expensive.

Instead, we opt for some easier fare: cucumbers, avocado, imitation crab meat, cooked shrimp, red onions, scallions, green peppers, tomato, mango. You'll notice that some of these fillings are more “traditional” than others. But, you can really use anything you want as long as you can cut it into nice long strips.

## To Go With Your Sushi

Having some soy sauce, hot [wasabi](#), and [pickled ginger](#) (the last two can be found with the nori at your grocery store) can jazz up your sushi as you eat it.

But, they aren't essential to the sushi creation. And, your sushi will still taste great, even without the finishing sauces.

## Putting It All Together

The biggest trick is putting all the ingredients together. Your first time, plan on making at least three rolls.

Why the three roll minimum? Your first might be a bit to big, or too small. It takes some trial and error to get the amount of rice right. Your second will look pretty good. By the third, you'll be rolling sushi like a pro and wondering why you haven't been doing this every time you crave sushi!

At least, that's more or less how it went for us. Three was the magic number. *Are you ready?*

## Let's Make Some Sushi!

**Step 1:** Place your nori, shiny side down, on the bamboo rolling mat.

**Step 2:** Cover 2/3 of the nori (from the short end) with 1/3 – 1/2 c sushi rice. You'll want the rice layer about 1/8" thick. If the rice is too sticky to spread easily, moisten your fingers with water before spreading.



**Step 3:** Lay whatever sushi fillings you choose in a nice line, 1/3 of the way up the rice.



**Step 4:** Now we roll.

Take the bamboo mat and gently pull the bottom section (with just the 1/3 of rice) up over the filling.

Continue to roll the sushi, pulling the mat straight away from you to coax a nice roll. Once the roll is complete, pick up the mat with the roll and press firmly. This will press the rice in to position, and the last naked bit of nori will stick to itself, sealing the roll.

Ta da!



**Step 5:** Cut your roll using a large, sharp knife. If you find things sticking to the knife as you cut, moisten it slightly with a little water.

### More Ideas For Sushi Fillings

Here are some combinations of sushi fillings that we enjoy!

- ❖ Cucumber, avocado, and imitation crab (California Roll)
- ❖ Crab, avocado, mango, and green pepper
- ❖ Avocado, tomato, red onion, and green pepper
- ❖ Mango and red onion
- ❖ Crab, green onion, and sriracha

When we think about a combination of sushi fillings, we like to make sure we at least have something creamy and something crunchy. These give you a good texture base for your maki sushi, and then the other flavors can build from there!

<https://www.curiouscuisiniere.com/maki-rolls/>

# Napolitan (Japanese Ketchup Spaghetti)

This work by [JustOneCookbook.com](https://www.justonecookbook.com) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International License](https://creativecommons.org/licenses/by-nc-sa/4.0/) (CC BY-NC-SA 4.0).  
<https://www.justonecookbook.com/ketchup-spaghetti-recipe/#wprm-recipe-container-58976>

The comments in **GREEN** have been added for precision.

Need a family meal in under 20 minutes? Try quick and easy Japanese Ketchup Spaghetti, known as Napolitan. Home cooks and cafe restaurants across Japan prepare this popular dish using both pantry staples and fresh ingredients. It's savory and satisfying!

**Prep Time:** 5 minutes    **Cook Time:** 15minutes

**Total Time:** 20minutes    **Servings:** **6**

## Ingredients

### For the Sauce Seasonings

- 1 cup **ketchup** (for an authentic flavor, use [Kagome Tomato Ketchup](#) from the Japanese grocery store)
- 1.5 Tbsp **milk** (optional; for a creamier taste)
- 6 tsp **Worcestershire sauce**
- 3 tsp **sugar** (optional; for an authentic Japanese taste)

### For the Sauce Ingredients

- 1.5 **onion** (10.5 oz, 300 g)
- 0.75–1.5 **green bell pepper** (7.5 oz, 210 g)
- 12 **mushrooms** (7.5 oz, 210 g)
- 15 oz **sausages** (I use 12–18 *kurobuta* or *arabiki* sausages from the Japanese market; you can substitute another type of sausage, ham, bacon, etc.) (**You can use Vegan Sausages or no sausage**)
- 3 Tbsp **extra virgin olive oil**
- 3 clove **garlic**
- 0.75 tsp **Kosher salt** (**Sea Salt would work too**)
- 0.38 tsp **freshly ground black pepper**

### For the Pasta

- 21 oz **spaghetti**
- 4.5 Tbsp **Kosher salt**
- 0.75 cup **reserved pasta water** (you may not need it; check your sauce and add gradually)
- 3 Tbsp **unsalted butter**

### For Serving

- 6 Tbsp **Parmigiano-Reggiano or Parmesan cheese**

**Japanese Ingredient Substitution:** If you want substitutes for Japanese condiments and ingredients, click [here](#).

## Instructions

Gather all the ingredients. Start boiling a large pot of water (I use a 4 QT pot).



## To Prepare the Ingredients

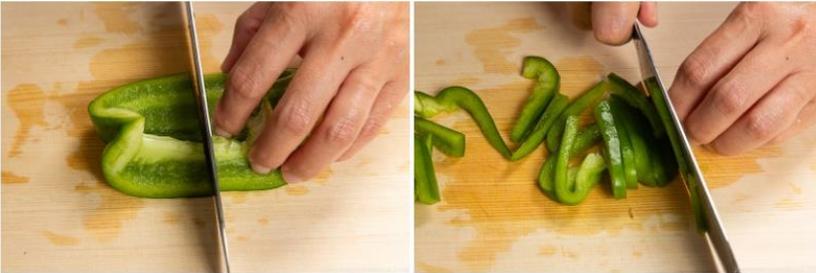
1. In a small bowl, combine **1 cup ketchup**, **1.5 Tbsp milk**, **6 tsp Worcestershire sauce**, **3 tsp sugar**. Mix them together and set aside.



2. Cut **1.5 onion** into thin slices.



3. Cut **0.75–1.5 green bell pepper** in half crosswise (if it's long), and then cut into thin strips.



4. Cut **12 mushrooms** into thin slices.



5. Cut **15 oz sausages** diagonally into thin slices.



### **To Boil the Spaghetti**

Once the water is boiling, add **4.5 Tbsp Diamond Crystal kosher salt** and **21 oz spaghetti**. Stir to make sure the noodles don't stick to each other. Cook the spaghetti according to the package directions. Toward the end of cooking, reserve some pasta cooking water.

While the pasta is cooking, prepare the sauce.



### **To Cook the Sauce**

1. Heat a large frying pan over medium heat. When it's hot, add **3 Tbsp extra virgin olive oil** and distribute it evenly. Crush and add **3 clove garlic** (I use this [garlic press](#)) and sauté for 1 minute, just until golden and fragrant.



2. Add the onions to the pan and sauté for 2–3 minutes.



3. When the onions are wilted, add the sausages and sauté for 1 minute.



4. Add the bell peppers and mushrooms and sauté until everything is cooked.



5. Season with **0.75 tsp Diamond Crystal kosher salt** and **0.38 tsp freshly ground black pepper**.



6. Push the ingredients to one side and add the sauce mixture to the empty side of the pan. When the sauce starts to bubble and thicken, mix it together with the sausages and vegetables.



7. Now, scoop out some of the starchy cooking water from the pasta pot, about **0.75 cup reserved pasta water**. Remember, you **may not need the reserved pasta cooking water** that you saved. Add it to the pasta sauce only if it needs to loosen up. At times, I do not use it at all or use 1–2 Tbsp. Check the consistency of the sauce, and **gradually add** reserved pasta water, stirring well, until the sauce is the consistency you like.



8. Mix it all together and let the sauce simmer and reduce a bit.



9. By now, the spaghetti should be done cooking. Drain it well in a colander and add it to the pan with the sauce. Add **3 Tbsp unsalted butter** and toss to combine using tongs, making sure the sauce coats the pasta evenly.



### To Serve

Serve the Neapolitan immediately on individual plates. Shave **6 Tbsp Parmigiano-Reggiano or Parmesan cheese** over the pasta now or at the table.



### **To Store**

You can keep the leftovers in an airtight container and store them in the refrigerator for 3 days or in the freezer for a month.

### **Nutrition**

**Calories:** 684 kcal · **Carbohydrates:** 93 g · **Protein:** 22 g · **Fat:** 25 g · **Saturated**

**Fat:** 6 g · **Cholesterol:** 23 mg · **Sodium:** 673 mg · **Potassium:** 776 mg · **Fiber:** 6 g · **Sugar:** 15 g · **Vitamin**

**A:** 445 IU · **Vitamin C:** 54 mg · **Calcium:** 126 mg · **Iron:** 3 mg

**Author:** Namiko Hirasawa Chen

**Course:** Main Course

**Cuisine:** Japanese

**Keyword:** japanese napolitan, pasta

©JustOneCookbook.com Content and photographs are copyright protected. Sharing of this recipe is both encouraged and appreciated. Copying and/or pasting full recipes to any website or social media is strictly prohibited. Please view my photo use policy [here](#).

<https://www.justonecookbook.com/ketchup-spaghetti-recipe/#wprm-recipe-container-58976>