

Myerberg Center – Cooking with Chef Alba
“My Egyptian Favorites”



KOSHARI

Crispy Onions:

1 large sweet onion, thinly sliced into rings
2-3 tablespoons olive oil
Salt and pepper

Tomato Sauce:

2 tablespoons olive oil
2 cloves of garlic, minced
1 bottle passata tomatoes jar
1 teaspoon ground coriander
½ teaspoon ground cumin
Red pepper flakes (optional)
Salt and pepper
1-2 tablespoons distilled white vinegar (optional)

Koshari

1 ½ cups cooked brown lentils
2 cups medium-grain rice, cooked
Salt and pepper
½ teaspoon ground coriander
½ teaspoon ground cumin
2 cups short pasta, cooked (ditalini, elbow)
1 (15) oz can chickpeas, drained
Fresh cilantro to garnish
1 large tomato, sliced or chopped to garnish

Preparation:

1. Rinse and cook lentils according to package directions.
2. Rinse and cook the rice according to package directions.
3. Cook the pasta according to package directions.
4. The onions:

Add the oil and onion rounds in a skillet, cook on medium-low heat until soft and just golden. As soon as they begin to darken and caramelize, remove half of them and set aside. In the same skillet add red pepper flakes, chopped garlic, tomato puree and spices. Simmer for a few minutes.

5. Assembly:

In a large pan, add all the ingredients: rice, lentils, pasta, chickpeas and spicy tomato sauce. Sauté everything over high heat to mix but be careful not to dry too much.

6. Serving:

Serve garnished with the reserved caramelized onion, chopped fresh cilantro, and fresh tomatoes on top seasoned with salt and pepper.

Prep ahead instructions:

- Have all ingredients measured and ready on a tray
- Cook the lentils ahead
- Cook the pasta at the start of class, have water boiling
- Cook the rice at the start of class, have water measured and ready for boiling, rinse the rice

HERBS AND SPICES FRITTERS

3 tablespoons extra virgin olive oil, *divided*
3 tablespoons thinly sliced shallots
Kosher salt and black pepper
6 large eggs
2 tablespoons finely torn fresh basil leaves
2 tablespoons finely torn fresh mint leaves
2 tablespoons minced fresh dill
2 tablespoons minced fresh Italian parsley leaves
1 tablespoon minced fresh thyme leaves
2 tablespoons minced fresh chives

1. Heat 2 tablespoons olive oil in a nonstick skillet over medium heat. When hot, add the shallots and cook until soft and translucent, 6 to 8 minutes. Season with salt and pepper. Set aside to cool.
2. Beat the eggs in a bowl. Add the cooled shallots and herbs; mix gently.
3. In the same skillet, heat the remaining 1 tablespoon olive oil over medium-high heat. When hot, add a scoop of egg mixture. Lower the heat to medium. Cook the fritters until golden brown on both sides.

Prep ahead instructions:

- Have all ingredients measured and ready on a tray
- Rinse and dry all herbs

FRESH BALADI SALAD

2-3 ripe Roma tomatoes, cut in cubes
¼ red onion, finely minced
½ English cucumber or 2 Persian cucumbers, cut in cubes
½ bell pepper, cut in cubes (optional)
3-4 tablespoons minced Italian parsley
1-2 tablespoons extra virgin olive oil
1 garlic clove, finely minced
¼ - ½ teaspoon ground cumin
Zest and juice of ½ lemon
Salt and pepper

1. The dressing: In a small bowl add the olive oil, garlic, cumin, zest and juice of lemon, and salt and pepper. Taste for seasoning and adjust as needed.
2. In a large bowl, add the tomatoes, onion, cucumber and parsley. Add the dressing and mix well. Allow to rest 10-15 minutes and serve at room temperature.

Prep ahead instructions:

- Have all ingredients measured and ready on a tray