

## **Mejadra--a spiced rice and lentil stew**

Adapted from Yottam Ottolenghi

*Here is a positively charming and luscious ancient vegetarian dish that we inherited from Arab cuisine. My favorite parts of this dish are the deliciously fried onions that are coupled with sweetly spiced rice.*

*If you do not have cumin seeds or coriander seeds, feel free to substitute ground cumin and ground coriander*

1-1/4 cups brown or green lentils  
4 medium onions (1-1/2 pounds)  
3 Tablespoons all purpose flour  
About 1 cup sunflower or canola oil  
2 teaspoons cumin seed  
1-1/2 Tablespoons coriander seeds  
1 cup basmati rice  
2 Tablespoons olive oil  
1/2 teaspoon ground turmeric  
1-1/2 teaspoons ground allspice  
1-1/2 teaspoons ground cinnamon  
1 teaspoon sugar  
1-1/2 cups water  
Salt and freshly ground black pepper

Place the lentils in a small saucepan and cover with plenty of water. Bring the water to a boil and cook for 12 to 15 minutes, until the lentils have softened but still have a little bite. Drain and set aside.

Peel the onions and slice thinly. Place them in a large bowl and sprinkle them with flour and 1 teaspoon of salt and mix well. Heat the oil in a heavy-bottomed saucepan placed over high heat. Add one third of the sliced onions and fry for 5 to 7 minutes, stirring occasionally until they turn golden brown. With a slotted spoon, transfer the onions to a dish lined with paper towels and sprinkle them with a tiny bit of salt. Do the same with the other two batches of onion; add a little extra oil if needed.

Wipe the saucepan clean and put in the cumin and coriander seeds. Place over medium heat and toast the seeds for a minute or two. Add the rice, olive oil, turmeric, allspice, cinnamon, sugar, 1/2 teaspoon salt and plenty of black pepper. Stir to coat the rice with the oil and then add the cooked lentils and the water. Bring to a boil, cover with a lid and simmer over low heat for 15 minutes.

Remove the pan from the heat, lift off the lid and quickly cover the pan with a clean tea towel. Seal tightly with the lid and set aside for 10 minutes.

Add half the fried onions to the rice and lentils and stir gently with a fork. Pile the mixture in a shallow serving bowl and top with the rest of the onions.

---

## **Oaf Tapuzim (chicken with oranges)**

Adapted from Paula Wolfert

*This is a wonderfully easy and tasty chicken recipe from one of my most favorite Mediterranean cookbook authors. Also, this is a good way to use up some mustard before Pesach.*

1 3 pound chicken, quartered or cut into eighths  
4 teaspoons or more sharp or Dijon or deli mustard  
Salt

Freshly ground pepper

About 2 Tablespoons olive oil

1/2 onion, finely chopped

1 cup orange juice (fresh or from frozen can)

1/4 cup brown sugar (light or dark)

Preheat your oven to 375 degrees.

Give the chicken pieces a schmear of mustard and sprinkle them with salt and pepper. Place the pieces skin-side down in one layer in a baking pan. Add the olive oil, onion and orange juice. Set in the oven to roast, basting occasionally with the pan juices, for about 20 minutes.

Turn the chicken pieces over, skin-side up, sprinkle the sugar onto the skin and continue roasting and basting until the chicken is tender and golden brown. The whole roasting time may range from 45 minutes up to an hour. Test for doneness.

Serve the chicken with pan juices.

---

## **Katherine Hepburn's Brownies**

Adapted by Judy

*Here is a wonderful recipe from the New York Times that goes back lots of years, well tried and true.*

*I will offer some variations in parentheses, feel free to stay with the classic ingredients*

1/2 cup cocoa (can also use 2 ounces unsweetened chocolate)

1/2 cup butter or margarine, unsalted (1 stick)

2 eggs

1 cup sugar

1/4 cup flour (yes, that is correct amount, not a typo)

1 cup chopped or broken up walnuts or pecans – optional (for extra flavor, nuts can be toasted first; bake for 10 minutes in a preheated 325-degree oven)

1 teaspoon vanilla

1/4 teaspoon salt

1/4 cup chocolate chips (optional)

Heat your oven to 325 degrees.

Melt the butter or margarine with the cocoa or chocolate in a double boiler and stir until smooth. Remove from heat and allow to cool for a few minutes. Transfer to a mixing bowl and whisk in eggs, one at a time. Stir in the vanilla.

In a separate bowl, combine the sugar, flour and salt. Add the cocoa-butter-or-margarine mixture. Stir until just combined and then add nuts and chips.

Pour the mixture into a greased, 8-inch square pan. Bake 30 to 35 minutes. Try not to overbake; the brownies will be gooey.

If you can hold back your enthusiasm, let cool a bit and cut into bars.