



Kamut Kushari

So, Peter was gone to Florida and I began ransacking the cabinets for stuff to “use up” while he was gone. I found a bag of kamut, a grain I like but do not cook with often. Shockingly, I had everything I needed for a recipe on the back of the bag, however, of course I tweaked it up a bit. Kushari, an Egyptian dish is naturally vegan, meaning we don’t have to remove or substitute, the dish is as it was invented. Well almost. This version of Kushari uses wheat berries (kamut) instead of the rice found the traditional Egyptian recipe. I used red lentils because that is what I had. I suggest you use the brown ones and cook them until almost done so that after you drain them, and they keep cooking, they hold their shape. The red ones got too soft. Taste good but not as attractive. Stay tuned as I experiment in the future with additional versions of the recipe. *Recipe adapted from Bob’s Red Mill

Kamut Kushari (serves 8):

- 1 cup kamut berries
- 1 cup brown lentils
- 1 cup whole wheat elbows (or any smaller pasta)
- 4 medium onions cut in half and thinly sliced
- ¼ cup olive oil
- 1 teaspoon cumin
- 1 teaspoon red pepper flakes
- 4 cloves garlic
- 29 oz can diced tomatoes
- Salt and pepper

Cook the kamut ahead of time. You will save time soaking it the night before and then simmer for 45-60 minutes until soft (but they will still be chewy). I suggest doing that step ahead of time as the kamut sometimes takes longer than you expect to cook. Drain off water and put in large bowl.

Rinse the lentils and put in saucepan with 3 cups of water and bring to a boil for about 2 minutes, reduce heat and then simmer until just barely cooked, about 20-25 minutes. Drain and put into the bowl with kamut.

Cook macaroni in boiling salted water until al dente, about 6-7 minutes. Drain. Put into bowl with kamut and lentils, toss together.

While grains are cooking (or ahead of time), make the onions and sauce.

Heat oil in a pan to medium-high and cook sliced onions until brown and crispy, about 10 minutes.

Remove from pan and drain on paper towels. Season with salt.

Using the same pan, heat garlic, cumin and red pepper flakes and cook until fragrant, about 2 minutes.

Add diced tomatoes and simmer for at least 15 minutes. Add salt and pepper to taste.

To serve, place the kamut, lentil and macaroni mixture on a serving platter or individual bowl. Top with tomato sauce and crispy onions.

I would suggest making the sauce, onions and kamut ahead of time. Later cook the lentils and pasta, combining them with the kamut (reheat kamut in microwave if made ahead). I loved this dish but am going to explore some tweaks to the sauce which I thought could have been livened up. Great vegan comfort food!