

Koshary



Koshary is a traditional vegetarian dish that is very popular in Egypt. It consists of a combination of black lentils and rice, with a varieties of toppings like chickpeas, pasta, vinery tomato sauce with garlic, and fried onions.

Koshary is sold from carts by street vendors, in restaurants, or even made at home. It is an affordable and delicious meal that fills up the stomach of the average Egyptian, a cheap way to get you full and keep you going for the rest of the day. Even though it is considered poor man's street food, "koshary" is enjoyed by Egyptians from all classes.

Although preparing each component can be time consuming, all the ingredients could easily be found in a supermarket, making it accessible for any home cook.

In terms of its nutritional value, "koshary" is a good source of multi-grain carbohydrates and protein. It is not an excessively high calorie diet. It is an ideal dish for vegans and vegetarians.

It is said that the word "koshary" comes from the phrase "riz cacher" (hidden rice) which is what the French used to call that meal, during the French Campaign in Egypt (1798-1801). Another tale says that "koshary" is not an originally Egyptian dish, and that it was introduced to Egypt during WWI by Indian soldiers from the British troops. The Indian "koshary" was a mix of rice and black lentils, and they called it "kitchari". The dish then began spreading in Egyptian neighborhoods, where Italian minorities lived. The Italians added the pasta, which appealed to the Egyptians, who then added their touch, consisting of tomato chili sauce, fried onions, and chickpeas. Since then "koshary" became a trademark of Egyptian cuisine.

"Koshary" used to be a traditional dish for low income families because of its nature to be a pretty filling, satisfying, and affordable. Became very famous to all Egyptians, and now there are many specialty places in Egypt just serving it. Very high in protein and fibers, and mostly delicious. Of course, there are countless recipes and variants of "Koshary" around Egypt. I've tried to stay true to the basic ingredients and flavors