

LENTEN RECIPE

Egypt

Lentil Soup

½ kilo (1 lb) split lentils
2 onions
1 tomato
1 carrot
1 zucchini
1-2 tablespoons oil
1 teaspoon cumin
1-2 teaspoons lemon juice
Salt to taste

Place lentils, one onion, tomato, zucchini and carrot in pot and cover with twice their amount of water. Cook for about 15 minutes. Whirl in blender, strain, then add salt and cumin.

Chop the remaining onion very finely and fry to a light brown, then add to soup with oil and cook for about 5 minutes longer. Stir in the lemon juice.

Moussaka

1 kilo (2.2 lbs) Eggplant fried
½ kilo minced beef
2 cups tomato juice
Salt, pepper, and mixed spices

Mix ½ cup of tomato juice with minced beef and cook over low heat for 7-10 minutes. Line bottom of oven pan with one layer of eggplant slices, spread the minced beef on top, and cover with the remaining egg plant. With the tip of a knife make several deep dents in the eggplant slices. Season the remaining tomato juice with the seasonings and pour over the eggplant. Bake at 350 degrees 30-40 minutes.