

Faculty Of Pharmacy, Nursing and Health Professions

Nutrition and Diet

Principles of food preparation (NUTD233)

**Mijaddara, Lebanese Style**

Performance day: Wednesday

Performance date:3. Nov. 2021

Submission date:10. Nov.2021

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Introduction

Mujaddara is a well-known meal in the middle east cuisine. It is most of the times cooked with rice but in this recipe, it is cooked with bulgur. Mujaddara contains many of the ingredients that provides many of the important nutrients so it is obviously a healthy meal that can be taken in the middle of the day and provides the body with the important nutrients in the needed amounts. The main ingredient in mujaddara is lentil, flavorings such as pepper are also added, onion is deep fried separately and added to the top of the serving. The main purpose of this experiment is to be know how to cook mujaddara with bulgur.

Ingredients

* Lentils, cleaned and rinsed
* Water
* Oil
* Onion, chopped
* Burghol (coarse), cleaned, rinsed, and soaked in cold water
* Cumin
* Salt
* Pepper

Procedure

**1.** In saucepan, bring lentils to a boil, cover and cook for about 10-15 minutes; do not overcook; lentils should be tender but firm.

**2.** Heat oil in frying pan, add onions and panfry until onions are golden brown.

**3.** Squeeze burghol dry with your hands and add to the tenderlentils.

**4.** Add onions, frying oil, cumin, salt and pepper to the lentil-burghol mixture, mix well and cook untilwater is absorbed.

**5.** Remove from heat and serve hot.

**6.** Arrange in serving dish and serve with Mijaddara.

Product evaluation

Product evaluation: Mujadara was made from lentils and bulgur with crispy onions in the lab. Lentils is a cousin to the pea and a rich provider of protein and carbohydrates the lentil is also a good source of calcium, phosphorus, iron, vitamins B and cholesterol-lowering fiber. lentils decrease the risk of obesity, diabetes, heart diseases because of the fiber, folic acid, and potassium in lentils all support heart heath, and can reduce LDL-C. Bulgur are richer in nutrients, vitamins, low in fat, high in fiber and rich in minerals, it have low calories help in lowering of weight. It also low glycemic index food which means it produce only small fluctuations in blood glucose and insulin levels that help decrease the risk of diabetes.

Onions lowering the risk of several types of cancer, improving mood, and maintaining the heath of skin and hair, they are high in vitamins minerals, and antioxidant.

From (1) to (7)

Taste evaluation:

**Lamis:** Mujadara is one of my favorite foods, and I like to add the universe to it because it tastes more than wonderful and adds deliciousness to it.

**Rose:** Mujadara was ok, I think the cumin added a special flavor to it, and I don't think I will cook it again, but I will try to gain the nutritional value from it.

**Raneen**: The burghol was something new for me in mujaddarah, I like it very much.

**Majdal:** The Mujadara was a good, healthy and well-balanced meal but it was a little lacking in salt and there was an increase in the amount of water

**Somoud:** it was delicious but the taste of the pepper was very clear, I did not like the taste of fried onions, the vegetables were delicious*.*

**Ola:** In general, good. But I did not like her very much; because I don't like bulgur.

Discussion and Conclusion

The product was as expected but of course, there were some small problems. Mujaddara was needed a little salt because the bulgur and lentils were added in different quantities than the recipe. The onions were over fried in oil, giving a different taste than the expected one. Everything else was perfect and well done, the lentils was well-cooked and other ingredients were added in the right amounts.

Mujaddara is one of the most healthful meals that provides many nutrients and people can depend on it on providing carbohydrates, protein, energy and other nutrients. This meal contains many nutrients needed for the body and by using bulgur instead of rice this gave an extra nutritional value to the meal. After all overconsuming of this meal well not lead to obesity or bad health complications. In the end it was a very nice recipe and a new taste experience.

References

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