Mujadara Recipe

Issa Ba’abish brings over 20 years of experience in culinary arts, has participated in regional culinary exhibitions, and is also responsible for the annual Greek Orthodox Christmas banquet at Nativity Church. Additionally, he teaches culinary arts at St. Joseph School in Bethlehem.

Mujadara is a classic Arabic recipe featuring herbs and yogurt. It’s a delicious vegetarian main dish. It’s made of cooked lentils and rice, caramelized onions, and cooked tomatoes. The dish gets its name from the Arabic word “mujader” which means “reconciler”.

Ingredients:
- 1 cup of lentils
- 1 cup of rice
- 3 cups of water
- 1/2 cup of onions
- 1/4 cup of tomato paste
- 2 cloves of garlic
- 1 teaspoon of cinnamon
- Salt and pepper
- Fresh parsley
- Olive oil

Instructions:
1. Rinse the lentils and rice under running water, then add them to a pot with 3 cups of water. Bring to a boil, then reduce heat to a simmer and cook until the water is absorbed,
2. While the lentils and rice are cooking, chop the onions and garlic
3. Once the lentils and rice are cooked, add the chopped onions and garlic to the pot along with the tomato paste, cinnamon, salt, and pepper. Stir well and place on a platter.
4. Garnish with fresh parsley and olive oil before serving.

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Meet Grace Dean

Grace Dean was part of the London Spring 2020 study abroad cohort of Notre Dame International. She spent a semester learning about UK political culture and history. She reflects on her experiences to this day. Here she shares with us a little about her experience as an intern at a UK MP office in London. Grace Dean's time in London was an unforgettable experience.  Three winning photos will be selected and awarded a $100 prize!

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Meet Josh Copeland

Joshua Copeland has been appointed as the new executive director of the London Global Gateway. He will also manage the partnerships, and initiatives at the London Global Gateway. He will work closely with the London Global Gateway Center’s leadership, director of student affairs for UNDE, will create new research collaborations, and serve as the bridge for Notre Dame student affairs which hosts the London Global Gateway.

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