

# Zalf

## Mujadarra Audio Script

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### 1.

Open the bag of lentils and wash them thoroughly. This is the first step in our mission to save the planet. We are on this ship together. And because we want you to be a superhero, we need to get rid of antinutrients. Most of them exist on the shell of the lentil and can make you feel gassy. We wash the antinutrients away - they are called that, because they interfere with the absorption of nutrients.

See the dark water coming out of the lentil pot. Focus on the sound of the flowing water. Think about it for a minute. Water that flows through your pot full of lentils comes from somewhere else. We only have a limited amount of water that circulates on Earth.

Just imagine, you take a sip of water, and that water will flow through you and onwards out into the world. Understanding that everything is interconnected gives rise to a new kind of ethical obligation. Suddenly, something very distant and remote feels up close and intimate.

Actually: we have all been sharing the same water since the Earth cooled down around four billion years ago. Water travels across borders, through different soils, bodies and species. We are bodies of water. The adult human being consists of about 50 to 65 percent water. For children, it is even more. Without water, there would be no life on Earth. And this is what connects us all.

STOP THE WATER FLOW NOW. You want others to have some of it too, right? You can be proud of yourself though. Growing lentils requires less water, fertilizer and energy than the production of animal proteins, meaning they can feed more people using fewer of the Earth's most precious resources.

### 2.

Now put the lentils on the stove. Put three times as much water as lentils. Cook them until they are half-hard. It should take around 10 min. Put your alarm clock on. When it rings, add rice or bulgur.

### 3.

Now take the onions and slice them. The more the better. They are one of the most important ingredients of Mujaddara - one of the oldest meals known to humankind. Mujaddara contains the body's requirements of protein and calcium, it helps to strengthen both the teeth and the nerves.

Folk tales speak of it being the cure for almost all diseases, that it contains everything a person needs, that some people eat mujaddara almost every day. There are lots of stories around the dish - stories of war, many refugees, love and homesickness. Even Jacob in the book of Genesis gave up his inheritance rights for. As the story goes, Jacob was working in the fields all day, and came back home starving and asked for a bowl of lentils in exchange for his inheritance. He was given mujaddara!

In the olden days in Lebanon, it was called the dish of the poor, because it contained no meat, and lentils were some of the cheapest foods. However, poor and rich alike would eat it with gusto as it is yummy!

### 4.

Now fry the onions in a pan until they turn crispy and brown. Some cumin and turmeric will add a lot of flavour. Do you tend to cry while cutting onions? Do your tears come from the same source as the water on the tap?

It will take some time to caramelize the onions. Don't forget to stir it from time to time. Did you hear your phone ring? It's time to add rice, salt and a bit of olive oil. Cook the mix until the water is gone.

Meanwhile look at your phone to see your pot animated.

Did you know that in Buddhism, legumes, being perfectly round and flat, symbolize the cyclical nature of life and death? But they also symbolize fertility and rebirth. They are a symbol for the latent life force we all carry within us, waiting to unfold. They symbolize the pure potentia held within each being.

Legumes like peas, vetches, clover or beans grow in a symbiotic relationship with soil bacteria called rhizobia that stimulate the growth of nodules on the roots of the legume plant. The bacteria extract gaseous nitrogen from the air and feed this nitrogen to the legumes. In exchange the plant provides carbon to the bacteria. This is why legume crops are said to "fix" nitrogen.

The ready supply of nitrogen within the legume is the reason why legumes are so rich in protein. After the harvest the biologically fixed nitrogen from the legume residues is released and available for the next crop which allows to save nitrogen fertilisers.

Nitrogen is the most abundant element in our atmosphere. It is found in soils and plants, in the water we drink, and in the air we breathe. It is also essential to life: a key building

block of DNA, which determines our genetics, is essential to plant growth, and therefore necessary for the food we grow.”

By cooking lentils you are saving the planet a tiny bit. If people ate more legumes, greenhouse gas emissions would be cut and more land, water and biodiversity would be preserved. All we need to do is eat more legumes such as beans, lentils and chickpeas as valuable plant protein sources instead of animal protein, thus saving resources and helping our planet while still enjoying a healthy diet. Let’s imagine this pot of lentils as more valuable than a pot of gold!

With this capital we invest in healthier soils, more diversity in our fields and healthy, delicious food for yourself! Now sprinkle it with oil in joy!

## **5.**

Drip the fried oil over the lentil and bulgur mixture and then serve it onto a new plate. Decorate with the fried onions and parsley on top.

Take a photo of your dish. You are one step closer to saving the planet.

## **6.**

Curious to learn more about climate friendly nutrition and food production? Listen to this podcast episode on climate friendly protein sources while enjoying your meal!

<https://www.quer-feld-ein.blog/episodes/querfeldein-podcast-folge-10-klimafreundlich-essen-beginnt-das-vegane-zeitalter/>

Or how about learning more about the state of our groundwater in Berlin and Brandenburg? Check out this podcast episode and find out what we can do to help groundwater supplies recover: <https://www.quer-feld-ein.blog/episodes/wasser-warum-sinken-unsere-grundwasserspiegel/>