

## Episode 4

**Debby:** Hello and welcome to Who's Cooking What? with Debby and Ben, the cooking podcast on how to keep it loose in the kitchen when you're wondering why every recipe feels so complicated.

It's time for comfort food for dinner! What's more comforting than carbs on carbs on carbs?

**Ben:** I don't know, what *is* more comforting than that?

**Debby:** Carbs on carbs on carbs with a spicy tomato sauce and some other tasty bits, that's what!

We're going to start with the most important bit – some crispy fried onions. Take 5 large onions and slice them into thin crescents. Take a large pan and put just enough oil in the pan to cover the bottom of it, heating that over medium heat. Add the onions and fry until they're a deep, caramelized brown. Once that's done, remove the onions from the oil with a slotted spoon and place on paper towels to drain any excess oil. As for the oil in the pan, set that aside – it's liquid gold and we'll want it when we assemble the final dish.

**Ben:** Yesssssssss.

[podcast transition music]

**Debby:** Next up, we've got the tomato sauce! Finely mince a few cloves of garlic – I'd tell you how many but I know you and you're only going to add more anyways – so don't overdo it, but a few. Saute that with a splash of olive oil in a small pan for a few minutes, then add a full standard-sized can of tomato sauce and salt and pepper to taste. Bring that to a boil, then reduce the heat and let that simmer for about as long as it takes to listen to a few songs from *The Bangles' Greatest Hits*, just until the sauce thickens up a little bit. Once that's done, give that a taste and add some hot sauce if you're really feeling spicy.

**Ben:** I'm always feeling spicy – add it in!

[podcast transition music]

**Debby:** Okay, now the important, carb-y part. We need a full box of elbow macaroni, and then about half that amount each of short-grain rice and brown lentils. Get some salted water boiling for the pasta and cook according to the package directions. While that's happening, rinse the lentils and place them in another pot with a few inches of water to cover. Bring that to a boil and cook for about the length of a standard American sitcom episode, just until the lentils are tender. While all THAT is happening, since I've used every pan in my kitchen, get the rice going in a rice cooker following package directions.

[podcast transition music]

**Debby:** Finally, we can assemble. Fluff all the carbs and make sure they're warm, and then we'll layer it in a bowl. A layer of noodles goes on the bottom, then a layer of rice, then a layer of the lentils, with each layer a little smaller than the layer that went before it. Top that all with a few spoonfuls of the tomato sauce and some fried onions and dig in!

And that does it for this week's episode of Who's Cooking What? - thanks for tuning in! Who's Cooking What? is available on Apple Podcasts, Spotify, and any other place you can download podcasts

**Ben:** Next week we're making something spicy! You have to fly almost a quarter of the way around the globe (in kilometers, anyway) to get to our next country.