

LENTIL BOOK



LENTIL COOKBOOK

LORNA HAWTIN



THE INTERNATIONAL CENTER FOR AGRICULTURAL RESEARCH IN THE DRY AREAS

ICARDA

1979

CONTENT

- INTRODUCTION
- SOUPS
- MAIN DISHES WITH MEAT
- DISHES WITH SEAFOOD OR FISH
- VEGETARIAN MAIN DISHES
- LENTILS WITH RICE, PASTA OR POTATOES
- SALADS
- BREAD AND SWEETS
- WINE
- BIBLIOGRAPHY

LENTIL COOKBOOK - INTRODUCTION

Lentils were probably one of the first pulse crops to be domesticated and originated in the fertile crescent of the Near East. They date back to the beginnings of agriculture itself. The earliest carbonized remains (10,000 years old) were unearthed at Tel Mureybit on the banks of the River Euphrates in Northern Syria.

The cultivation of lentils spread with Neolithic agriculture to Greece and Southern Bulgaria and had reached Crete by B.C. 6,000. By the Bronze Age they were known in Hungary, Czechoslovakia, Switzerland, Germany and even France.

Lentils were highly esteemed in Pharoanic Egypt; a paste of lentils was found in the twelfth dynasty tombs at Thebes (2,400 B.C. - 2,200 B.C.) and the preparation of lentil soup is shown in a fresco from the time of Ramses II (1,200 B.C.). A ship carrying an Egyptian obelisk to Rome in the reign of the Emperor Caligula is said to have carried lentils as packing!

They were well-known in ancient Greece as a poor man's food. A popular saying applied to the nouveau riche at the time was, "he doesn't like lentils any more".

Lentils are mentioned in the Bible. The most famous reference is in Genesis Chapter 25 when Esau sold his birthright for bread and a "mess of pottage" made of red lentils. This dish is popularly held to be the same as the famous Near Eastern 'mujaddarah'.

Lentils were cultivated by the Assyrians. There are references to them being grown in Merodach-Baladan's garden at Babylon in the eighth century B.C.

The crop spread eastwards into India and China at a very early stage. The earliest finds in India have recently been discovered at the Neolithic site at Chirand in Bihar State dated between 1,800 and 2,500 B.C.

The introduction of lentils into the New World was made by the Spanish and Portuguese, probably at the beginning of the sixteenth century but they were not introduced into USA until the First World War.

Medicinal properties of lentils have been mentioned in several old herbals. The sixteenth century writer Dondonaeus recommended lentils as part of the diet in monastries as he believed that they dampened the sexual appetite : Nicholas Culpeper, the seventeenth century astrolonger/physician, wrote that lentils were governed by the planet Venus. He went on to say that when eaten whole with the skin, lentils "bind the body and stop looseness. but the liquid they are boiled in loosens the belly". Other old herbals report that lentils "thicken the blood" which may relate to their high iron content.

In parts of modern day Europe, lentils are ground and mixed with barley flour and salt and marketed as an invalid or infant food (e.g. 'Ervatenta' and 'Revalanta') and eaten as a porridge.

Lentils are one of the staple food products of the Near East and India (where it is an important source of protein for the many vegetarians). In America they are generally used in soups as in Europe and the Near East where they are also used in stews, salads and with other food. Lentil salad often forms part of the French hors d'oeuvre table and in Germany pureed lentils may replace potatoes as an accompaniment for pork and other meats . There are many other variations as this book shows.

The recipes have been compiled and adapted from a wide variety of sources (see bibliography) most of which I have personally tested and can strongly recommend

AVAILABILITY AND PURCHASING GUIDE

Lentils are easily available throughout the year. They are classified according to their size, the colour of their seed coat and the colour of the inside. There are three common forms: -

- a) Large seeded types with pale green seed coats
- b) Smaller types with darker seed coats (brown or nearly black)
- c) Small (frequently split) bright orange or red lentils from which the seed coat has been removed.

Storage: They can be kept almost indefinitely (in fact, their cooking quality tends to improve with age) but they should be kept in a tight-fitting container as they are liable to attack by weevils.

Age tends to darken their skins especially if they are kept in the light.

Nutrition: Low in fat but rich in carbohydrates, protein, calcium, iron, phosphorous and the B vitamins. The sprouted lentils are a good source of Vitamin C.

$3\frac{1}{2}$ oz. (100 grams) dry lentils = 340 calories.

Basic Preparation: The lentils should be carefully picked over discarding any foreign material and imperfect seeds. Wash well removing any seeds that float. It is not imperative to soak them, but they are better for it (soak in four times as much water as lentils).

One cup of lentils expands to $2-2\frac{1}{2}$ cups after cooking.

The cooking time depends on the locality in which it was grown and its age but non-soaked lentils should be tender after boiling for 20-30 minutes and previously soaked lentils take about half the time.

LENTIL SOUP

3 tbsp. butter
1 lge onion chopped
1 stalk celery with leaves, chopped
1 carrot, chopped
1 turnip, chopped (optional)
3/4 lb. lentils, washed

MIDDLE EAST

3 pints water or meat stock
1 marrow bone, cracked
salt, black pepper
Garnish with small garlic-flavoured croutons, fresh or dried mint, chopped.

Melt the butter in a large saucepan and soften the onion, celery and carrot (if used). Add the lentil, water or stock and the marrow bone, bring to boil and skim. Simmer gently in a covered pan until the lentils are soft - 3/4 - 1 1/2 hours (depending on the quality and age of the lentils) It takes about 20 minutes in a pressure cooker. Small yellow or red lentils will disintegrate.

Season with salt and pepper and add a lemon juice and cumin(if liked) simmer for a few minutes longer, then remove marrow bone. Mash, sieve or liquidize to a puree. Return to saucepan. Add a little water for a thinner soup or evaporate by simmering for a thicker one. Serve with croutons of bread fried in oil with a clove or two of garlic.

Variations

- 1) Add about 2 ozs. rice and simmer for about 15 minutes till the rice is tender.
- 2) Instead of flavouring with cumin and lemon juice, just before serving stir in a taklia (garlic) sauce.

To prepare Taklia: crush 2-3 cloves of garlic with a little salt. Fry in 2 tbsp. butter or oil (in Egypt samna, a clarified butter is used) When golden brown, add 1 tbsp. coriander and a good pinch of cayenne pepper. Mix to a paste and fry for a few more minutes.

- 3) This soup could also be flavoured with savory, thyme parsley and oregano and 2 chopped tomatoes added.

SOUPS

SHAWRABAT ADAS (LENTIL SOUP)

SYRIA & LEBANON

1 $\frac{1}{2}$ c. lentils
2 $\frac{1}{2}$ lbs. swiss chard leaves or (spinach)
 $\frac{3}{4}$ c. chopped onions
 $\frac{3}{4}$ c. olive oil
1 bunch coriander or
1 stalk celery

5 cloves garlic
1 $\frac{1}{2}$ tsp. salt
 $\frac{3}{4}$ c. lemon juice (or to taste)
or 2 tbsp. tomato puree
mixed in $\frac{3}{4}$ c. water
1 tsp. flour.

In pressure Cooker : wash the lentils and drain overnight. Wash again in the morning and pick over. Cook with water to cover under pressure for 10 minutes. Add chopped chard leaves, a few stems and 1 cup water. Cook under pressure for another 8 minutes. Meanwhile, fry onions in olive oil and garlic crushed with salt. Add washed and chopped coriander or celery. Add with the onions to the lentil-chard mixture. Stir. Add lemon juice mixed with one teaspoon flour to thicken sauce. Simmer until a thick soup consistency. Add seasonings. Serve hot.

Variation

In saucepan : Boil washed lentils until tender, add hot water as necessary. Combine lentils with chard fried onions and garlic mixture. Continue as above.

Serves 6

ASHE RESHTE (NOODLE SOUP)

$\frac{1}{2}$ lb. ground beef
1 small onion (grated)
 $\frac{1}{4}$ tsp. cinnamon
 $\frac{1}{4}$ tsp. pepper
 $\frac{1}{2}$ tsp. salt
4-5 c. water
 $1\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ c. black eyed peas
 $\frac{1}{4}$ c. lentils

IRAN

1 c. noodles
 $\frac{1}{2}$ tsp. pepper
 $\frac{1}{2}$ c. parsley chopped
spicing of soup
1 tbsp. dried mint
 $\frac{1}{4}$ tsp. pepper
 $\frac{1}{4}$ tsp. cinnamon

Mix the meat with the grated onion and seasoning, form into walnut sized meat balls. Boil the water in a 3 quart pot. Add salt and black eyed peas and cook for 15 minutes. Add the meatballs, lentils, noodles, additional pepper and parsley, simmer on a medium heat for about 35 minutes. Powder the dried mint and mix with the cinnamon and pepper. Add to soup and serve.

serves 5-6

MAKHLOUTA (LENTIL SOUP WITH
BEANS AND RICE)

LEBANON

- famous old Lebanese winter dish.

1 c. lentils

1 c. chickpeas

$\frac{1}{2}$ c. dried black beans

1 c. rice

$\frac{1}{2}$ c. olive oil

$\frac{1}{2}$ c. minced onions

1 $\frac{1}{2}$ tsp. salt

$\frac{1}{2}$ tsp. caraway seeds

5 c. water

In pressure cooker: Wash and soak beans, lentils and chickpeas together overnight. Drain, cook with water and salt for 15 minutes under pressure. Boil rice separately and add to lentil-bean mixture. Add onions (previously fried in oil until slightly browned). Simmer uncovered until well blended. Serve hot.

In a saucepan : Soak all beans (but not lentils) overnight. Wash. Cook beans and lentils together with plenty of water. When tender, add rice and continue simmering until rice is tender. Add onions which have been fried in oil, salt and caraway seeds. Simmer together for a few minutes. Serve.

Serves 10

KIRMIZI MERCIMEK CORBASI
(RED LENTIL SOUP)

TURKEY

8 c veal stock
1½ c red lentils
2 onions, chopped
1 tsp. paprika
4 tbsp. minced parsley

1 tbsp. flour (sifted)
3 egg yolks
2 tbsp. butter
½ c. wine vinegar
1 c. single cream

1)- Melt 1 tablespoon butter and fry the onions for 2 minutes. Add the cleaned lentils and 2 cups of water and boil until the lentils are tender (if more liquid is needed, use stock). Add stock, salt and paprika, bring to boil, then remove from heat. Strain through a sieve forcing lentils through (or liquidize). Return to pan and keep hot.

2)- Make a roux with the rest of the butter and the flour and cook for about 2 minutes. Add the cream very gradually away from the heat, stirring all the time. Add the well-beaten egg yolks and combine this mixture with the puree. Do not reheat but serve immediately. Garnish with bread croutons rolled in the minced parsley.

Spoon the wine vinegar over at the table.

Variation

Cook as in 1) above substituting beef stock for veal stock and adding 1 bayleaf to the seasoning. Strain or liquidize, reheat and serve. Garnish with chopped parsley and mint.

POTAGE SAINT HUBERT

FRANCE

- a good soup for the Christmas season.

1 pheasant
1 lb. brown lentils, soaked
1 onion
1 leek

4 oz. cream
thyme
bayleaf

Cook the soaked lentils in salted water with the onion, the white of the leek, thyme, bayleaf and seasoning. Roast the pheasant, when cooked cut the meat off the bones. Set aside the best fillets and dice them.

Pound the meat in a mortar, strain the lentils (reserving the stock) and add them to the meat, sieve or liquidize and return to the sausepan. Moisten with the lentil stock continuing to add it until the soup is the desired consistency. When it is hot stir in the cream and the diced pheasant.

Variation

Any cold game could be used or the remains of a roast goose.

Serves 8

LENTIL SOUP WITH PRUNES

1 lb. lentils
 $\frac{1}{4}$ lb. sliced bacon or
 $\frac{1}{4}$ lb. cooked ham
2 onions, chopped
1 large carrot, chopped

LUXEMBOURG

15 pitted prunes
2 tbs. brown sugar
2 tbs. vinegar
1 pinch thyme
salt to taste
1 lemon, sliced

Soak lentils overnight and simmer them in the same water for one hour. Add all the other ingredients except the lemon and simmer for two hours or longer until the soup is thick and the lentils tender. Serve with a slice of lemon in each soup bowl.

Serves 8

THICK LENTIL SOUP

$\frac{1}{2}$ lb. sliced salami or frankfurters	$\frac{1}{3}$ c. chopped celery & leaves
1 tbs. shortening	$\frac{1}{2}$ green pepper, chopped
2 onions, chopped	$\frac{3}{4}$ tsp. mixed pickling spice
1 garlic clove, if desired	1 small hot red pepper, if desired.
5 c. water	salt and pepper
$\frac{3}{4}$ dried lentils	

Cut salami into $\frac{1}{4}$ " strips and brown slowly in fat in heavy saucepan. Add onions and minced garlic; cook for 5 minutes. Add water, washed lentils, celery, green pepper and spices. Cover, bring to boil, reduce heat and simmer for $\frac{1}{2}$ hour until lentils are very well done. Add salt and pepper to taste.

Serves 4

TOMATO AND LENTIL SOUP

4 oz lentils	1 lb. tomatoes
2 onions, chopped	2½ pints chicken stock
1 clove garlic, crushed	seasoning
4 rashers bacon	2 tbsp. tomato puree
1 oz butter	1 tsp. sugar
2 tbsp oil	

Soak lentils overnight. Fry onion, garlic and 3 rashers of chopped bacon in butter and oil for 5 minutes. Add sliced tomatoes, drained lentils, stock, seasoning, tomato puree and sugar. Simmer for 1 hour, sieve or liquidize. Reheat soup, grill the remaining rasher of bacon and chop. Serve topped with bacon and croutons.

Serves 6

LENTIL AND NOODLE SOUP

4 ozs. lentils, soaked overnight	2 tbs. olive oil
$\frac{1}{2}$ onion sliced	2 tomatoes, skinned and chopped
1 clove garlic, crushed	Pinch dried rosemary
1 anchovy fillet, chopped	salt and pepper
$\frac{1}{2}$ green pepper, seeded cored and chopped	2 ozs. small noodles.

Bring lentils to boil in 2 pints of cold water. Simmer gently until the lentils are tender but not mushy strain and retain cooking liquor.

Fry the onion, garlic, anchovy and green pepper in olive oil in a frying pan until tender but not browned. Add the tomatoes and rosemary and simmer gently for about 10 minutes. Add the vegetable mixture to the lentils and $\frac{1}{2}$ pint of the cooking liquor. Add salt and pepper to taste and bring to the boil. Add noodles and continue simmering until tender.

(chickpea or haricotbeans can replace lentils in this recipe).

CURRIED LENTIL SOUP

$\frac{1}{2}$ lb. lentils, soaked
2 pints stock
2 large onions
1 turnip
2 tbs. butter

2 tsp. curry powder
a little chutney juice
salt, pepper
flour, if necessary

Fry the sliced onions and turnip in butter until soft. Sprinkle on curry powder and stir a few minutes longer. Add the lentils and stock. Simmer over low heat for $1\frac{1}{2}$ hours or until the lentils are soft. Sieve or liquidize and return to the pan. Add salt and pepper to taste, and the chutney juice. If necessary thicken with a little flour. Good with toast and butter

Serves 4 - 6

MAIN DISHES

WITH MEAT

HARIRA

2 oz. chickpeas
2 oz. lentils
4 oz. lean lamb
1 medium onion, chopped
2 tbs. oil
1 tbsp. chopped parsley
1 tbsp. paprika
pinch of saffron powder

NORTH AFRICA

1 lb. tomatoes
6 pints water
salt and ground black pepper
juice of 1 lemon
2 oz. long grain rice
2 oz. plain flour

Soak chickpeas and lentils overnight. Dice lamb. Heat oil in a large saucepan, add lamb, onion, parsley, paprika and saffron. Fry, gently stirring for about 5 minutes. Skin, deseed and chop tomatoes. Drain chickpeas and lentils. Add tomatoes, chickpeas and lentils to the pan, together with the water, seasoning and lemon. Simmer $1\frac{1}{2}$ hours. Stir in rice and continue cooking for a further 20 minutes until the rice is tender. Mix flour with a little cold water to form a smooth paste; stir into soup. Bring to the boil; simmer for 2-3 minutes, stirring. Serve immediately.

Serves 8

AUBERGINE KORESH

IRAN

2 aubergines, sliced
salt
1 large onion
1 lb. lean stewing beef or
lamb, cubed
2 oz brown lentils or yellow
split peas (previously soaked)

black pepper
 $\frac{1}{2}$ - 1 tsp. turmeric (optional)
 $\frac{1}{2}$ tsp. ground cinnamon
(optional)
 $\frac{1}{4}$ tsp. grated nutmeg
2 tbsp. dried crushed mint
1-2 cloves garlic, crushed

Sprinkle aubergine slices with salt, leave to drain in a colander for at least $\frac{1}{2}$ hour. Chop onion finely and set aside 1 tablespoon for garnish. Fry remainder in 2 tablespoons butter or oil until soft and golden. Add meat and brown. Add drained lentils, cover with about 1 pint water. Season with salt and pepper, simmer until the meat is tender and the lentils are soft. Add tumeric for colour and a little cinnamon and nutmeg.

Rince the aubergine slices, pat dry and saute in 2 tablespoons butter or oil until soft and golden. Add to stew and cook for 15 min. longer.

Garnish : fry the reserved chopped onion in a little butter or oil until soft, add the dried mint and garlic, and fry for one minute longer. Serve with rice.

Variations

- 1) Chicken can be used instead of lamb or beef
- 2) 1 lb. whole courgettes can be used instead of aubergines.
- 3) Add the juice of 1 lemon and $\frac{1}{2}$ lb. skinned and chopped tomatoes or 3-4 tbs. tomato concentrate.

ADAS POLO (RICE WITH LENTILS)

IRAN

2 tbsp. butter
1 lb. meat (lamb or beef cut in
1" cubes).
1 medium onion, finely chopped
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ tsp. pepper
 $\frac{1}{4}$ tsp. nutmeg
 $\frac{1}{2}$ tsp. cinnamon

$\frac{1}{2}$ c. raisins
 $\frac{3}{4}$ c. lentils
 $2\frac{1}{2}$ c. rice
2 qt. water
 $\frac{1}{2}$ c. butter (melted)

Melt 2 tablespoon of butter in a skillet. Saute the meat with the onions and seasoning. Wash and soak the raisins in cold water for 5 minutes.

Wash the rice 3 times in luke warm water and then soak in cold water to cover with $1\frac{1}{2}$ tablespoons of salt. Soak overnight if possible (but otherwise for at least 2 hours). Boil 2 quarts of water with 2 tablespoons of salt. Drain the water in which the rice has soaked. Add rice and lentils and boil for 10-15 minutes stirring occasionally. Drain, rinse with lukewarm water. Put $\frac{1}{3}$ of the melted butter in the pot and add 2 tbsp. water. Add a spoonful of rice and lentils at a time distributing it evenly and allowing it to mount in the shape of a cone. When half of the rice - lentil mixture has been added arrange the meat, onions and raisins on top and then the rest of the rice and lentils. Pour the rest of the melted butter evenly over. Put paper towelling over the pot. Cover and put 2-3 dishtowels on the lid. Cook for 10-15 minutes over a medium heat, then turn to a low heat and cook for a further 35-40 minutes.

The rice should form a crisp golden brown crust at the bottom. Add more melted butter before serving .

Variation

Ground beef can be substituted for the cubed meat.

Serves 5-6

DHAN SAK (DAL MEDLEY)

PARSI, INDIA

18 oz (½ kg) lamb		
4 tbsp pigeon pea)	
2 tbsp red lentils	(cleaned, washed and drained.
2 tbsp whole black lentils)	
1 tbsp mung beans	(
1 tbsp chickpea)	

Vegetables:

1½ oz (45 gms) pumpkin, peeled	(
1 medium onion, peeled)	
1 medium potato, peeled	(chopped
2-3 tomatoes)	
1 tsp coriander leaves	(
2 green chillies)	

Ground ingredients:

and:-

2 tsp. cumin seeds	½ tsp. turmeric
½ tbsp coriander seeds	3 tbsp. oil
1" (2½ cm) root ginger	1 medium onion chopped
2 red chillies	1 to 1½ tbs. lime or lemon juice
6 cloves garlic	9 cups/3½ pints (2 litres) water
	2½ tsp. salt.

Wash and cut the lamb into large bite-sized pieces. Boil water, add all the beans, vegetables, lamb, salt, chillies and turmeric. Cook until the meat and beans are tender, adding hot water if necessary. Remove from heat, lift out meat and sieve the beans and vegetables. Heat oil, add the chopped onion. Add the ground ingredients and meat and fry with a little water until golden brown, add the bean and vegetable dal. Simmer over a low heat for 10 minutes, add lime or lemon juice. Serve with fried brown rice.

Variation

6 tbs. pigeon pea	(
3 tbs. lentils)	instead of bean mixture.

Serves 4

PINTADE AUX LENTILLES

FRANCE

1 guinea fowl (about 1kg)
salt, freshly milled black pepper
3 tbs. unsalted butter
2 tbs. chicken dripping or oil
6 fluid ozs . clear chicken stock
 $\frac{1}{2}$ kg. lentils washed
1 large onion
bouquet garni

Sauce:

100 gm(4 oz) pork breast,
lightly salted.
2 tbs. chicken dripping
1 large onion, finely chopped
1 c. chicken stock
1 c. concentrated veal stock
flavoured with tomato.

Season the guinea fowl and lay it on its side in a buttered roasting -tin. Coat well with a thick layer of butter mixed with the chicken dripping. Roast in a moderate oven (175°C , 350°F). As the bird browns turn it over to the other side. Then lay it on its back until it is cooked. Cover breast with silver foil if it is browning too quickly test with a knife, when the juice is white, not pink, it is done (after 40-45 mins).

Meanwhile bring the lentils to the boil in cold water. Add the onion and bouquet garni. Season with salt and pepper to taste during the cooking, when the lentils are soft, drain and discard the onion and bouquet garni.

To make sauce: While the guinea fowl and the lentils are cooking cut the breast of pork into small squares, plunge them into boiling water, leave for 5 mins. then rinse with cold water, drain and wipe dry. Saute them with chicken dripping and when soft but barely having changed colour add the onion. When the onion begins to turn golden deglaze the juices with the chicken stock. Then add the tomato-flavoured veal stock. Reduce the sauce by half, stirring occasionally with a wooden spoon.

To serve : Carve the bird in half and garnish with watercress. Spoon over the rest of the juice from the roasting tin. Put the lentils in a dish, and stir the reduced sauce into it. Season to taste.

Serves 2

BACON AND LENTILS

FRANCE

1½ lb. farmhouse bacon
1 lb. brown lentils
dripping
black pepper, seasoning
12 small onions

1 carrot
1 stick celery
bunch fresh herbs
garnish: chopped parsley
hard boiled eggs, halved

Put 1½ lb. of farmhouse bacon into a saucepan, cover it with cold water, bring it the boil, strain, rinse in cold water and dry with a cloth.

Melt a little dripping in a deep casserole, add the bacon and about a dozen small onions, with a ground black pepper seasoning. When the onions begin to brown, add 1 lb. brown lentils, a carrot cut in two, a stick of celery a bunch of fresh herbs tied together and 2 or 3 crushed cloves of garlic. Cover with water, put lid on casserole, cook very slowly for about 2 hours.

When lentils are cooked take out the bacon, remove the carrot and the bunch of herbs, and strain the lentils. Put them on serving dish with a lump of butter stirred in, arrange the bacon in slices round. Garnish with chopped parsley and halved hard-boiled eggs.

Serves 6

PERDIX A LA PUREE DE LENTILLES

FRANCE

6 partridges
3-4 oz butter
1 large onion, sliced

2 carrots
seasoning

Lentil Purée:-

1 lb. brown lentils
1 onion
2 cloves garlic

2 carrots
salt

Clean and truss six partridges, put them into a pan just large enough for them add 3-4 oz. butter, a large sliced onion and 2 carrots cut in rounds When the birds have taken colour pour a glass of white wine over them and let it reduce by half; add seasoning and a glass of good stock, cover the pan and finish cooking over a very low heat.

Meanwhile, simmer for 2 hours 1 lb. brown lentils, an onion stuck with 2 cloves of garlic, 2 carrots and salt. When the lentils are quite soft sieve or liquidize them. In a saucepan mix the puree with half the sauce from the partridges. Cook until the puree is smooth and the right consistency.

Serve the partridges on a dish, with the puree all round and the rest of the sauce poured over.

RABBIT MOUTARDE

1 good rabbit (about $1\frac{1}{2}$ lb.)
4 ozs. green streaky bacon or
pickled pork in one piece.
1 oz. ham fat, butter or dripping
6 medium onions, quartered
Scant 1 oz. flour

1- $1\frac{1}{2}$ pints stock
salt, freshly ground black
pepper
1 dessert sp. french mustard
bouquet garni
 $\frac{1}{2}$ gill cream
1 dessertsp. chopped parsley

Joint the rabbit and soak overnight in salted water with a little vinegar in it. Drain, rinse and dry the pieces well. Remove rind from the bacon, cut it into large dice and blanch. Drain and set aside. Heat the fat in a heavy stewpan, lightly brown the pieces of rabbit, remove them. Add the bacon and onions to the pan and fry, shaking and stirring occasionally until nicely coloured. Remove from heat, while blending in the flour and stock then return and stir until boiling. Add the pieces of rabbit with the herbs, a little salt, pepper and the mustard. Cover pan tightly and simmer for about an hour until the rabbit is very tender. Put the rabbit in the serving dish, remove the bouquet garni, reduce the sauce if necessary over a high heat. Add cream and parsley, and spoon over the rabbit. Serve with a lentil puree, separately.

Lentil Puree:

$\frac{3}{4}$ pint brown lentils
1 onion stuck with a clove
1 carrot, cut in thick rounds

3-4 tbsp. good stock
2 oz. butter
bouquet garni

Wash the lentils and soak in tepid water for two hours. Put in a pan, cover with plenty of water, add salt, the onion, and the herbs and bring slowly to the boil. Simmer until the lentils can be crushed between the fingers and thumb. Sieve or liquidize. Return to the rinsed-out pan and stir briskly over the heat. Add the stock to lighten the puree, remove from heat, and beat in the butter and a little pepper.

RANCH STYLE LENTIL CASSEROLE

2 cups lentils
1 lb ground (or minced) beef
1 packet onion soup mix
 $\frac{1}{2}$ c. cooking oil
1 cup tomato ketchup
1 tsp. prepared mustard
1 tsp. vinegar
1 cup water

Wash, clean, soak and cook the lentils. Brown the beef in the oil. stir in the rest of the ingredients. Bake for $\frac{1}{2}$ hour at 400°. Freezes well. Good for barbaques.

Serves 8.

PORK AND LENTIL RAGOUT

2 tbsp. oil
2 onions, thinly sliced
1 large green pepper, sliced and
 seeded
2 sticks celery, chopped
3-4 carrots, thinly sliced

8 oz. pork shoulder, diced
3 tomatoes, skinned & chopped
6 oz. red lentils, soaked
2 tbsp. tomato puree
bayleaf
seasoning

Heat the oil and fry the onions, pepper, celery and carrots until softened. Remove to an ovenproof casserole. Brown pork in the pan, adding more oil if necessary. Add pork to vegetables, together with all the remaining ingredients and about $\frac{3}{4}$ pint water. Cover and simmer gently for about $1\frac{1}{2}$ hours until tender, then serve.

Serves 4.

BACON AND LENTIL CASSEROLE

$\frac{1}{2}$ lb. streaky bacon	$\frac{1}{2}$ oz. margarine
2 medium carrots	4 oz. lentils
1 medium onion	1 level tsp. salt
2 medium potatoes	pepper
3 sticks celery	2 level tsp. cornflour

Preheat oven (375°F, 190°C gas 5). Remove rind from bacon and cut into 1 inch pieces. Peel carrots, onion and potatoes; slice carrots, celery and onion; dice potatoes. Melt margarine and fry the vegetables and bacon for 5 minutes. Stir in the lentils, 1 pint water, salt and a shake of pepper. Bring to boil then place in a casserole. Cover and cook in the centre of the oven for 1 hour until the lentils are cooked. Blend cornflour with 1 tablespoon water and stir into the lentil mixture. Return casserole to the oven for 5 minutes.

Serves 4

LENTILS AND SAUSAGE

2 c. lentils
2 onions, sliced
1 lb. pork sausage meat
salt and pepper to taste
bouquet garni (if desired)

Soak lentils then simmer until tender with onions, salt and pepper, and a bouquet garni (if desired) for about 3 hours.

Form patties of the sausage meat and fry in a skillet until partly done (about 10 minutes). Drain on absorbent paper.

Drain the lentils, reserving the liquor. Remove the bouquet garni, if used. Place the lentils in a shallow casserole, pour over them enough of the cooking liquor to just cover the lentils. Arrange the sausage patties on top and bake in a 350° F oven until thoroughly hot 15-20 minutes.

Serves 8.

CHILLI LENTILS

1 c. lentils
1 16 oz. tin tomatoes
1 tbsp. chilli powder
1½ tsp. salt
1 clove garlic
1 tsp. ground oregano
1 lb. ground (or minced) beef
1 large onion, finely chopped

Clean, cook and drain the lentils. Brown the meat in a little oil, add the onion and garlic and saute until the onion is transparent. Mix in the rest of the ingredients. Simmer for about an hour.

Serves 8.

LENTICULAR (LENTILS WITH MUSSELS)

A lentil recipe of Imperial Rome from Apicius (the world's oldest surviving cookbook)

Take a clean pot, put in the lentils, and cook them. Put in a mortar and pound some pepper, cumin, coriander seeds, mint, rue, pennyroyal. Moisten with vinegar, add some honey, liquamen* and boiled must. Mix all with the vinegar then pour into the pot. Mince the boiled mussels, add and bring to the boil. When boiling well, allow to reduce. Add green oil in the serving dish.

* liquamen: a powder made from the entrails of fish, dried for several months. There was also a liquid version made by boiling fish in brine.

Modern Adaption

Put lentils to soak with ample water, after several hours bring to a boil. Reduce heat to a simmer. Combine freshly ground black pepper with ground cumin and coriander seeds, a minced mint leaf, and a pinch of thyme; moisten with vinegar, add honey, soy sauce and wine, or grape juice (condensed by boiling) then add to lentils. When lentils are tender, mince and add boiled mussels or canned minced clams, cook, stirring the lentils until the liquid is reduced, or thicken with a paste of flour and water. Transfer to a heated serving dish and pour a little olive oil over the lentil - mussel mixture.

**DISHES WITH
SEAFOOD OR FISH**

LENTILS AND ANCHOVIES

$\frac{1}{2}$ lb. brown lentils
1 onion, roughly chopped
1 small tin anchovy fillets
2 cloves garlic

3 ozs. butter
salt, black pepper
4 hard-boiled eggs(optional)

Soak the lentils in cold water for 1-2 hours. Clean through, put in a saucepan with the chopped onion, cover with fresh cold water. Bring to boil and simmer until the lentils are tender but not too soft. Drain. Meanwhile drain the oil from the anchovies and mash to a pulp with a wooden spoon. Melt 1 oz. butter over a low heat in a fire-proof dish, stir in the lentils and onion mixture, and the crushed garlic cloves. When the lentils have heated through, stir in the anchovies. Cook gently for a few minutes stirring in the rest of the butter, little by little. Season to taste. Serve with hard-boiled eggs and or a green salad and black pepper.

Can be reheated, add a little more butter, cover dish and put in oven (Gas 3, 325^oF, 150^oC) for half an hour.

Serves 4.

CREAMED TUNA AND LENTIL CASSEROLE

1 c. lentils

1 tin cream of mushroom soup

$\frac{1}{2}$ c. sour cream

1 tin tuna , flaked

$\frac{1}{4}$ tsp. onion salt

pepper

Garnish : 2 hard-boiled eggs

Cook and drain the lentils mix with the other ingredients.
Garnish with the sliced eggs. Bake at 350° until heated through.

Serves 4.

LENTIL AND TUNA SUPPER

1 cup lentils
2½ c. water
1 packet onion soup mix
1 tsp. salt
8 oz. frozen mixed vegetables
7 oz. tin tuna (drained)

Clean, soak and cook the lentils, drain. Combine the vegetables, soup mix, water and salt in a large frying pan with a lid. Simmer for 5 minutes. Add the lentils and tuna and cook, covered, over a low heat for 15 minutes.

Serves 6.

CRAB AND LENTIL CASSEROLE

1 c. lentils
1 tin crab, rinsed
1 tin cream of mushroom soup
 $\frac{1}{2}$ c. evaporated milk
1 c. celery, finely chopped
 $\frac{1}{2}$ c. onion, finely chopped
3 hard boiled eggs, chopped
Topping: Butter, melted
 Breadcrumbs

Cook the lentils, drain and cool. Combine with the rest of the ingredients and put into a casserole. Top with breadcrumbs that have been soaked in melted butter. Bake at 375° for about 35 minutes until the topping has browned slightly and the casserole is bubbling.

Serves 5-6.

STUFFING FOR BAKED SALMON

4 ozs. mushrooms, chopped
 $\frac{1}{2}$ c. lentils
1 c. bread crumbs, fresh
1 c. celery, chopped
1 tin clam chowder
 $\frac{1}{4}$ c. onion, finely chopped
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ c. cream (or evaporated milk)
1 egg, beaten lightly

Cook and drain the lentils. Soak the breadcrumbs in water then squeeze out excess. Mix all the ingredients together and spoon into the fish cavity. Bake until the salmon is cooked.

VEGETABLE SHRIMP DISH

1 c. lentils
2 tins shrimps (drained)
1 tin asparagus spears (drained)
 $\frac{1}{2}$ tsp onion salt
2 tins cream of chicken soup

Clean, cook and drain the lentils. Combine with one tin of shrimp, salt and the chicken soup. Spread half of the mixture in a well oiled glass baking dish. Top with the drained asparagus spears and then the rest of the lentil mixture. Garnish with the second tin of shrimps. Bake at 375° for 25 minutes.

VEGETARIAN
MAIN DISHES

LENTIL AND VEGETABLE STEW

MIDDLE EAST

$\frac{1}{2}$ lb. lentils (soaked overnight if necessary)
2 medium potatoes, peeled and coarsely diced.
 $\frac{1}{2}$ lb. courgettes or marrow, sliced or cubed.
 $\frac{1}{2}$ lb. leeks, trimmed and sliced
1 stalk celery, sliced.

Salt and black pepper
1 onion, finely chopped
oil
2 cloves garlic, crushed
2 tbsp. finely chopped parsley
juice of 2 lemons

Drain lentils (if soaked) and simmer in a large pan with a pint water for about $1\frac{1}{4}$ hours. Add the potatoes, courgettes, leek and celery, season to taste with salt and pepper and continue cooking for 15 to 20 minutes longer, or until vegetables are cooked, added more water if necessary (only a little should be left at the end of cooking).

Fry onion in oil until soft and golden. Add garlic and fry for a minute or two longer until coloured. Drain and add to the lentils and vegetables, together with the parsley and lemon juice. Simmer for a few minutes longer, adjust seasoning and serve hot or cold.

Variation:

A simple version can be made in which the courgettes, leeks, celery and lemon juice are omitted. The quantity of potatoes should be increased to 3 cups and $\frac{1}{4}$ tsp. dried sage added.

MERCIMEK KOFTESI (LENTIL CAKES)

TURKEY

2 ozs. lentils
4 ozs. burghul (cracked wheat)
1 tsp. paprika
1 oz. butter
a few springs parsley

1 large onion
1 tsp. ground cumin
1 pt. water
salt.

Wash and rinse the lentils. Boil them with a pint of water and a little salt until they are soft. Add the "burghul" and soak for one hour. The water should be completely absorbed forming a moist dough. Meanwhile, fry the finely sliced onion in one ounce of butter until transparent, stir in the paprika, cumin and the finely chopped parsley. Mix the lentil dough in a bowl with the onion and spices, knead for 2-3 minutes. Form into little cakes about 2" in diameter and arrange on a dish. Serve with hot peppers or salad.

Note: This dish is known elsewhere in the Middle East as lentil kofta. The proportion of lentils to burghul is a matter of personal taste.

SHULA KALAMBAR

IRAN

A dish prepared in medieval Persia to heal the sick. It was said that the money for the ingredients had to be begged in the streets if the cure was to be effective.

$\frac{1}{2}$ lb. large brown lentils	1 clove garlic, crushed
1 lb. fresh (or $\frac{1}{2}$ lb. frozen) leaf spinach	salt & black pepper
$\frac{1}{2}$ tsp. ground coriander	1-2 tbsp. butter.
$\frac{1}{2}$ tsp. ground cumin	

Boil lentils until tender. Wash spinach (or defrost if frozen), chop finely and stew gently in its own juices until tender. Drain the cooked lentils and add them to the spinach. Season with coriander, cumin and garlic, add salt and pepper to taste. Stir well. Add butter let it melt and serve. Good with rice.

Serves 4 as a main dish.

LENTIL WAT

ETHIOPIA

2 ladles lentils
1 tbsp. dried shallots
1 ladle oil
2 tspns garlic

$\frac{1}{2}$ ladle red shallots
 $\frac{1}{4}$ ladle red pepper
Salt as desired

Cook the lentils in boiling water until tender. Chop the red shallots finely. Cook the shallots in a clay pot, stirring well. Add the dried and ground red shallots and cook until the mixture turns brown. Add a little water and the red pepper-Cook, stirring well. Add a little more water and the oil. Add the cooked mashed lentils and stir, making sure that the mixture does not stick to the pan. Add the salt with a little more water. Add the finely chopped garlic. Add water. as necessary and cook well. Serve cold.

Serves 4-6.

1 ladle = 10 tbsp. ($\frac{3}{4}$ c).

METIN SHURO

ETHIOPIA

15 ladles peas
7 ladles lentils
7 ladles chickpeas
7 ladles beans
7 ladles red pepper
2 ladles fresh ginger
2 ladles garlic
3 ladles red shallot
 $\frac{1}{1}$ ladle rue
 $\frac{1}{4}$ ladles savory
 $\frac{1}{2}$ ladle Fenugreek

1 ladle sacred basil
15 pods of cardomons seeds
 $\frac{1}{2}$ ladle cloves
 $\frac{1}{4}$ ladle cumin
 $\frac{1}{4}$ ladle bishop's weed
 $\frac{1}{4}$ ladle cinnamon
 $\frac{1}{4}$ ladles black cumin
 $\frac{1}{4}$ ladle black hidar filfile
 $\frac{1}{4}$ ladles coriander
3 ladles salt
 $\frac{1}{4}$ ladles "Kebebe Sine"

Clean the peas, lentils, chickpeas and beans and boil then in water for a few minutes. Drain, and roast each of the legumes separately. Dry them in the sun. When dry, grind them separately into half pieces. Pick out black parts. Mix all the legumes. Prepare red pepper and mix in. Pound fresh ginger, garlic, red shallot, rue and savory together. Dry in the sun.

Roast the fenugreek for a short time. Dry the sacred basil in the sun. Roast the remaining spices for a short time. Mix the pea mixture with the salt and add the remaining spices. Grind this into coarse spices. Grind the whole mixture very finely and keep to use a little at a time. Keeps indefinitely in a dry place.

Note: 1 ladle = 10 tbsp. (or $\frac{3}{4}$ c).

VARHIA (SMALL DRIED SPICY LENTIL CAKES)

INDIA

1 teacup red lentils
2 tbsp. lentil flour
1 tsp caraway seeds
1½ tsp garam-masala
1 tbsp. coriander seeds
2 tsp salt
½ tsp turmeric
1 tsp. chilli powder (optional)
small haricot bean sized lump asafoetida (optional)

Sort and wash lentils and soak overnight. Drain and crush them in a mortar. Put in mixing bowl, add lentil flour (made by grinding lentils in a coffee mill) and the rest of the ingredients. (The asafoetida should be crushed before mixing). Knead the mixture for a few minutes then leave in a warm place for 2-4 hours. Knead again, shape into varhias and place on a well-greased plate. Dry in the sun or in a hot cupboard. Store in a well-covered tin.

Variation.

Can be curried with potato, or with various vegetable curries but they should first be fried with onions and then cooked in ½ teacup of water before adding the other vegetables.

MONGORHIS I (LENTIL RISsoles)

INDIA

1 teacup red lentils
1 tsp. salt
 $\frac{1}{2}$ tsp. turmeric
 $\frac{1}{2}$ tsp. garam-masala
1 tsp. caraway seeds
 $\frac{1}{2}$ tsp. chilli powder (optional)
Oil or fat for frying

Wash and sort the lentils, soak overnight. Drain the lentils and crush in a mortar then mix with the other ingredients, beat together. Heat the oil or fat to smoking point. Drop spoonfuls of the mixture into the fat, frying 5-6 at a time over medium heat.

Serve hot or cold. Can also be curried.

(See Mongorhis II recipe).

Makes 18-20.

MONGORHIS II (LENTIL RISSOLES)

INDIA

1 teacup red lentils
1½ teacup warm water
1½ tsp. salt
1 tsp. caraway seeds
½ tsp. chilli powder (optional)
½ tsp. garam-masala
oil or fat for frying

Sort and clean the lentils, grind in a coffee mill then sieve. (Yields about $\frac{3}{4}$ cup the remainders can be used for soup). Gradually add the warm water to make a thick batter. Beat with a spoon for several minutes, then add salt, garam-masala and the caraway seeds. Let stand for one hour, then beat thoroughly again. Heat the oil or fat in a deep pan over a medium heat; when smoking hot drop in small portions of the lentil mixture. Fry four or five at a time. When golden brown, drain. Serve hot or cold or curried.

For the curry

1 tbspn butter or ghee
1 medium onion
1 medium green pepper or some freshly chopped coriander.
4 large tomatoes
1 tsp. salt
1 tsp. garam-masala
½ tsp. chilli powder
1 teacup hot water
½ teacup yoghurt or 1 tbspn. lemon juice.
1 tsp. turmeric.

Chop and fry the onion and green pepper in the butter or ghee in a heavy saucepan; add turmeric, salt, garam-masala and chilli powder, mix well, then add the sliced tomatoes. Simmer for a few minutes, and then add the mongorhis. Stir well, heat gently. Add hot water and the yoghurt, bring to the boil, cover and simmer for 10-15 minutes.

Makes 24.

AMATI (COCONUT LENTILS)

MAHARASHTRA, INDIA.

4 oz/ $\frac{1}{2}$ c. (45 gms) lentils
2 tbsp. tamarind pulp
2 tsp. crushed jaggery (or sugar)
 $\frac{1}{2}$ tsp. mustard seeds
2 cloves garlic, crushed
 $2\frac{1}{2}$ tbsp. grated coconut (fresh, if possible)
A pinch asafoetida
3-4 green chillies, chopped
 $\frac{1}{2}$ tsp. turmeric
2 tsp. salt
3 tbsp. ghee or oil
5 cups/2 pints (1.1 litre) water
1 tsp. coriander leaves (optional)

Wash lentils, add salt and turmeric and cook in fast boiling water until the lentils are very tender. Add jaggery and tamarind juice.

Fry the garlic, mustard seeds, chopped green chillies and asafoetida until the mustard seeds splutter. Add the grated coconut and the lentils. Simmer five minutes until the ingredients are well-blended. Garnish with coriander leaves.

Serves 4.

RAJ ROOPIA DAL (BLACK LENTILS)

HIMACHAL PRADESH,
INDIA.

8 oz. whole black lentils (230 gms)
8 fluid oz/1 cup (230 ml) yoghurt, well mixed.
1 onion, chopped
2 bay leaves
 $1\frac{1}{2}$ -2 tsps salt.
 $\frac{1}{2}$ tsp turmeric
1 tsp. red chilli powder (optional)
2 tbsp ghee or oil

Garnish:

a pinch of mace
 $\frac{1}{4}$ tsp. cinnamon
 $\frac{1}{8}$ tsp. ground cloves

$2\frac{3}{4}$ pints/7 cups (1.6 litres) water

Clean and wash the lentils. Soak in cold water for 4-5 hours. Drain, reserving the water. Measure it and make up to 7 cups with hot water. Add salt and red chilli powder(if used) and bring to the boil. Add the lentils and cook until almost done.

Add the yoghurt, simmer for five minutes or until well-blended, remove from heat. Heat the oil and add the chopped onion, cook until golden. Add bay leaves and the yoghurt and lentil mixture. Simmer until tender and creamy and oil floats on the top. Sprinkle with ground spices, remove from heat. Serve hot.

Serves 4.

TUVER DAL (PIQUANT LENTILS)

UTTAR PRADESH, INDIA

4 ozs. (115 gms) lentils
2-3 tbsp. thick tamarind juice
a pinch asafoetida
 $\frac{1}{2}$ tsp. turmeric
 $1\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ tsp. cumin seeds
 $2\frac{1}{2}$ pints/6 cups (1.4 litres) boiling water
2 red chillies, seeds removed and broken in half
1 tbsp. ghee or butter

Garnish:

1 tbsp. coriander leaves.

Wash lentils, add salt, turmeric and cook in boiling water until tender (adding more water, if required). Add tamarind juice, mix well and set aside.

Heat ghee or butter, fry asafoetida, red chillies, and cumin seeds until the seeds splutter. Put the lentil mixture into a serving dish, pour over the seasoned ghee and garnish with coriander leaves.

Serves 3.

DAL

INDIA

1 teacup red lentils
2½ teacup water
½ tbsp. butter or ghee
1 medium onion
1 tsp. garam-masala
2 tbsp. chopped coriander (or parsley)
1½ tsp. salt
1 tsp. turmeric
½ tsp. chilli powder (optional)

Sort and wash lentils, soak for about half an hour. Boil the water and add the drained lentils, salt, turmeric and the chilli powder. Bring to the boil, then cover the saucepan and cook over a low heat until the lentils are tender but firm (about 15 minutes).

Fry the onion in the butter fat, add the coriander and garam-masala. Garnish the lentils with this mixture.

Dal is considered very easy to digest. It is often given (without the onion mixture and the chilli powder) to very young children, invalids and convalescents.

Serves 4.

DAHI BARHE (SAVOURY LENTIL RISsoles
IN CURD)

INDIA

2 pints fresh thick yoghurt
1 tsp. garam masala
1½-2 tsp. salt
1 tsp. chilli powder
1 tsp. caraway seeds
1 teacup red lentils
½ tbs chopped mint or onion
oil or fat for frying
paprika

Wash and soak the lentils overnight. Drain well then crush with a pestle and mortar. Mix the crushed lentils with 1 tsp. of salt and ½ tsp caraway seeds. Heat the oil or fat to nearly smoking point over a medium heat. take a little of the mixture, flatten it slightly and fry 3 or 4 rissoles at a time. until they are light brown, turn once. Rinse in cold water to soften

Whisk the yoghurt and put in a dish, add the remainder of the salt, garam masala, caraway seeds, chilli powder and the chopped mint. Squeeze and flatten the rissoles and put them in the curd mixture. Serve after 15 minutes. Sprinkle with paprika.

MAHANI (LENTILS IN MANGO JUICE)

PUNJAB INDIA.

8 oz/1 cup (230 gms) lentils
6 medium-sized sweet and sour sucking mangoes
6 red chillies, seeds removed and chooped (optional)
a large pinch fenugreek seeds (pounded lightly)
1 tsp. mustard seeds
1 tsp. cumin seeds
 $\frac{1}{2}$ tsp. nigella (optional)
1 tsp. turmeric
salt
2 tbsp. oil or ghee
3 pints/ $7\frac{1}{2}$ cups ($1\frac{3}{4}$ litres) boiling water.

Squeeze the juice from the mangoes, discard the skins and keep the stones. Wash and clean the lentils. Add salt and turmeric to the lentils and cook in boiling water until tender. Add the stones and juice of the mangoes and simmer for 15 minutes.

Meanwhile fry the red chillies, mustard, fenugreek, nigella and cumin seeds in the oil or ghee until the seeds splutter. Combine with the lentils, mix well and simmer for a couple of minutes. Serve hot with boiled rice.

Serves 4.

CREAMED LENTIL BAKE

1 c. lentils
1 tin cream of celery soup
1 c. sour cream
1 c. breadcrumbs
2 tbsp. grated onion
 $\frac{1}{2}$ tsp. salt

Garnish. chopped almonds

Clean cook, rinse and drain the lentils. Mix with all the other ingredients. Place in casserole dish and top with chopped almonds. Bake at 350° for $\frac{1}{2}$ hour.

Serves 4-5

LENTIL - RICE LOAF

1 c. cooked brown rice
 $\frac{1}{2}$ c. lentils
1 egg, beaten
1 tsp. salt
 $\frac{1}{2}$ c. finely chopped onion
2 tbsp. cooking oil
1 c. croutons (or breadcrumbs)
1 c. sieved, canned tomatoes
 $\frac{1}{4}$ tsp. dried thyme
 $\frac{1}{2}$ tsp. dried sage.

Clean, soak and cook lentils . Fry onion in the oil until transparent. Remove from heat and mix in the rest of the ingredients including the rice. Pour into a casserole and bake at 350° for 35 minutes. Serve with gravy or any flavour of heated, undiluted cream soup.

Variation :

The brown rice and the tomatoes can be replaced by an additional $\frac{1}{2}$ cup of lentils. 1 small tin of evaporated milk and $\frac{1}{2}$ cup of finely chopped nuts

SPICED LENTILS

1 medium onion
1½ oz butter
1 large clove garlic
1 tsp ground coriander
½ tsp ground cumin
½ tsp ground ginger
¼ tsp chili powder
¼ tsp ground turmeric
½ lb brown lentils
sea salt

Chop the onion and cook it gently in butter in a saute pan. Add crushed garlic and spices then the washed and drained lentils which have been carefully picked over. Cook for 5 minutes stirring occasionally then pour on 1½ pints of hot water and cover the pan. Simmer for about 35 minutes, till the lentils are soft and the water absorbed. Add salt to taste and more spices if needed. Serve with hot hard boiled eggs and grilled rashers of bacon.

Serves 3-4.

LENTILS AND PRUNES

1 c. lentils
1 c. prunes
 $\frac{1}{4}$ c. sherry
1 tsp. salt

Optional: lemon juice and spices

Wash and cook the lentils. Stew the prunes, pit and mash them. Add them to the cooked lentils with the sherry, salt, lemon juice and spices (if desired). Cook over low heat until thoroughly heated.

SOY LENTIL LOAF

1 c. cooked lentils
1 c. cooked soybeans
2 c. whole wheat or soy bread crumbs
2 tbs. chopped parsley
2 c. milk or 1 c. milk & 1 c. tomato soup
1 tbs. vegetable broth or 1 tsp. poultry seasoning

Mix all ingredients together. pack into a greased loaf tin and bake in a moderate oven for 30-40 minutes. Serve with brown gravy or tomato sauce.

Serves 6

LENTIL VEGETABLE ROAST

12 oz. (1 $\frac{1}{2}$ c.) lentils
water
seasoning
Bouquet garni
2 large onions, chopped

1 clove garlic, crushed
3 oz. ($\frac{3}{8}$ c) margarine
1 small dessert apple
few sticks celery
1 small green pepper

Put lentils into a pan with only enough cold water to cover. Add seasoning and herbs. If possible soak for 1-2 hours. Simmer for 1 $\frac{1}{4}$ hours until the water has evaporated and the lentils are tender. Remove the bouquet garni. Meanwhile fry the onions and garlic in 2 oz. ($\frac{1}{4}$ c.) margarine until tender. Add to the warm lentil mixture in the pan, with the peeled diced apple, chopped celery, pepper. Season well. Grease a 2 lb. baking dish or till with half the remaining margarine. Put in the lentil mixture and top with the remaining margarine. Do not cover for a crisp topping. Bake 1 hour in the centre of a moderate oven (350°-375° F, gas 4-5). Turn out. Serve with roast potatoes.

Variations

For a crisp - coated roast ; coat the sides of the tin and top the lentil mixture with a thick layer of crumbs.

Add a little curry powder and chopped herbs to flavour or 2-3 skinned tomatoes and a pinch of chilli powder. Add the tomatoes to the onions then blend with the cooked lentils.

Serves 4-6.

LENTIL RISSOLES

1 lb. lentils
1 lb. mashed potatoes
white of 1 egg

1 chopped fried onion
pepper and salt
parsley, chopped fine

Soak lentils. Cook in a little water until tender. Add other ingredients to lentils and mix well together. Roll in flour and form into rissoles or sausages. Coat with white of egg and fry until a golden brown colour

LENTILS IN BUTTER

$\frac{3}{4}$ lb. brown lentils
1 onion, finely chopped
1 clove garlic
4 tbsp. butter

Salt and black pepper
1 tsp. ground cumin
juice $\frac{1}{2}$ lemon (optional)

Clean and wash lentils. If possible soak for a few hours and drain well. In a large saucepan fry the onion and garlic in 2 table-spoons melted butter until the onion is soft and golden. Add the lentils and stir with the butter in the pan for a minute or two. Pour in about $\frac{1}{2}$ pint of water, bring to boil and remove skum. Season with salt and pepper, and the ground cumin. Cover the pan and simmer until the lentils are tender but not too soft, adding more water, when necessary. Remove from heat and stir in the remaining butter until melted, and lemon juice (if liked).

Good with poached eggs omelettes, spicy fried sausages or any lean meat dish. Or with aubergine slices and boiled rishta (noodles).

Variation:

The ground cumin and lemon juice can be replaced by 1 bay leaf and a pinch of dried thyme.

VEGETABLE PASTIES

$\frac{1}{4}$ medium cauliflower	1 aubergine, sliced
$\frac{1}{2}$ swede, diced	1 egg
2 large carrots, diced	$\frac{1}{2}$ pint single cream
$\frac{1}{4}$ lb. lentils	mixed herbs & seasoning
$\frac{1}{4}$ lb. shelled peas	2-3 oz. butter
2 medium onions, sliced	$\frac{3}{4}$ lb. short crust pastry
$\frac{1}{4}$ lb. mushrooms, chopped	
1 courgette, sliced	

Divide the cauliflower into small flowerets and boil with the swede, carrots and lentils in salted water for 15-20 minutes, adding peas 3 minutes before the end. Drain and set aside. Melt some of the butter in a frying pan and fry the remaining vegetables one at a time. As they are cooked add them to the boiled vegetables. Add the rest of the butter to the pan, as necessary. Stir in the mixed herbs, seasoning, cream and beaten egg (reserving a little of the latter to brush over the pastry) in with the mixed boiled and fried vegetables. Roll out pastry and divide into four squares, spoon vegetable mixture onto each square. Damp the edges with a little water, fold over and press firmly together. Pick with a fork, brush over with the egg and place on the top shelf of a moderate oven for about 25 minutes or until the pastry is cooked.

LENTIL SCOTCH EGGS

4 eggs, hard-boiled
 $\frac{1}{2}$ pint thick brown gravy
1 egg
breadcrumbs

Lentil forcemeat:

1 oz. lentils
1 oz breadcrumbs
grated rind $\frac{1}{2}$ lemon

1 tsp. chopped parsley
pepper and salt

Soak the lentils overnight. Cook in boiling salted water until tender. Strain and sieve or liquidize. Mix in other ingredients. Beat the raw egg and bind the lentil forcemeat with half of it. Shell the hard-boiled eggs and case them thickly with the forcemeat. Coat with the other half of the beaten raw egg and the breadcrumbs, fry in smoking-hot fat.

Serve hot with gravy or cold with salad.

Serves 4.

**LENTIL WITH RICE,
PASTA OR POTATOES**

LENTILS AND BARLEY

1 c. lentils
 $\frac{1}{2}$ c. barley
 $\frac{1}{2}$ tsp. salt

2 tbs. oil
1 small onion, sliced

Soak lentils and barley separately overnight. Put barley to cook in salted water to cover. After $\frac{1}{2}$ hour add lentils and cook together for another hour. Fry the onion in oil and add to the lentil barley mixture just before serving.

Serves 4.

MUJEDDARAH (LENTILS AND RICE)

MIDDLE EAST

A great favourite throughout the Middle East from medieval times. Also known (probably mistakenly) as "Esaus dish of lentils".

2 c. whole brown lentils
1 onion, chopped finely
4 tbs. oil

salt and pepper
1 c. rice
2 onions, sliced.

Boil lentils until tender. Fry chopped onion in 2 tablespoons oil until soft and golden. Add to lentils with salt and pepper to taste. Add rice and water to make the liquid in the pan up to 2 cups, mix well. Season again then simmer covered for about 20 minutes until the rice is cooked, add more water if necessary. Serve on a shallow dish garnished with sliced onions fried in 2 tablespoons very hot oil until crisp, dark brown and almost caramelized. Serve hot or cold. Good with yoghurt.

Variation

Burghul (cracked wheat) can be used in place of rice.

Serves 10.

LENTIL FRY

$\frac{1}{2}$ c. lentils
1 c. cooked, diced potatoes
butter
onion
salt

Cook the lentils, drain. Fry in butter with the diced potatoes.
Season with onion salt. Serve with Chilli sauce.

Good accompaniment for roast beef or sausages.

LENTILS AND PEPPER-RICE

1 c. lentils
salt and pepper (cayenne or red pepper pod)
2 large onions, sliced
1 tbs. oil
1 large tomato, diced
1 c. rice
2 c. stock

Soak, then simmer the lentils until tender. Season with salt and pepper. Fry onion in oil until soft but not brown. Add diced tomato, rice and stock. Cover tightly and simmer until rice is tender. Fold in drained lentils, correct seasoning.

Serves 6.

RISHTA (LENTILS WITH NOODLES)

$\frac{1}{2}$ lb. - $\frac{3}{4}$ lb. lentils
salt
2 onions, finely chopped
oil
2-3 cloves garlic, crushed

1 tsp. ground coriander
black pepper
 $\frac{3}{4}$ lb. rishta noodles, or
tagliatelle
2 tbsp. butter

Cook lentils in about one pint salted water until the lentils are soft and the water absorbed. Drain thoroughly. Fry the onions in 2 tablespoons oil until soft and golden. Add the garlic and the coriander. Fry for a further two minutes, until golden. Add mixture to cooked lentils, season to taste. Cook noodles in boiling salted water until just tender. Drain well and mix with lentils. Stir in butter and mix well. Serve.

Variation:

$\frac{1}{2}$ cup spanish peanuts or chopped filberts or hazelnuts can be stirred in with the butter.

To prepare Rishta :

1 lb. plain flour
2 large eggs, beaten

1 tsp. salt
4-5 tbsp. water

Sift flour onto a large board, make a well in the centre to hold the beaten eggs, salt and 4 tablespoons water. Bury these in the flour. Mix well and knead thoroughly until the ingredients are well blended, add the remaining tablespoon of water only if necessary, the dough should be firm. Work it for about ten minutes until smooth and elastic (sprinkle a little flour over the board and your hands to prevent dough sticking). Divide dough into 2 or 3 pieces.

Roll each piece as thinly as possible working from the centre, flour occasionally to prevent sticking. Roll the rest of the dough the same way. Let the sheets rest and dry out for 40 minutes.

Roll up each sheet like a swiss roll, cut into ribbon-thin slices. Spread on floured cloth and leave to rest. Simmer in boiling water for about 5 minutes, stir occasionally to prevent sticking.

LENTIL SALAD I.

1 c. lentils	$\frac{1}{2}$ tsp. freshly ground black
3 c. French dressing	pepper. (or to taste)
1 tsp. salt	lettuce leaves

Soak and simmer lentils in the same water until tender. Drain and add french dressing, season with salt and pepper and allow to marinate in the refrigerator for at least 1 hour. Serve on lettuce leaves.

Serves 6.

SALADS

LENTILS SALAD II.

8 oz. yellow lentils	4 tbs. olive oil
2 tsp. salt	1 small onion, finely sliced
1 tbs. plain flour	
salt, freshly ground black pepper	

Soak the lentils overnight in lukewarm water with salt and flour. Next day, remove the lentils but keep the water. Bring this water to the boil and then leave it to cool. When cool add the rinsed lentils, bring to the boil then simmer gently for $\frac{1}{2}$ hour. Strain, discard the water and put the lentils in a large saucepan, with fresh salted boiling water, cover and cook until tender. Drain well. While the lentils are still warm season to taste and stir in olive oil and onion. Chill.

Keeps well, stored covered in a refrigerator.

Serves 4-6

LENTIL SALAD III.

$\frac{1}{2}$ lb lentils, soaked overnight (large dark brown ones)
salt
2-3 tbsp. finely chopped parsley

Dressing:

6-7 tbsp. olive or salad oil
juice $1\frac{1}{2}$ -2 lemons (or more)
1-2 cloves garlic, crushed (optional)
black pepper
 $\frac{1}{2}$ tsp ground coriander or cumin (optional).

Drain lentils after soaking and boil then in a half-covered pan of fresh water until barely tender ($\frac{3}{4}$ - $1\frac{1}{2}$ hours or 10-20 minutes in a pressure cooker). Do not overcook. Add salt towards the end of the cooking time. Drain well.

Mix the dressing ingredients and pour over the lentils while still quite hot. Stir in parsley and serve.

Variations:

Soften a finely chopped onion in about 6 tablespoons oil, add the lentils, the juice of 1 lemon, a crushed clove of garlic and about a pint of water (but no salt). Simmer the mixture until tender ($\frac{3}{4}$ - 1 hours), add water from time to time, if necessary. Towards the end of the cooking time season with salt and pepper, 2 tablespoons and a little ground cumin or coriander (if liked). Cook for few minutes longer and serve.

This version can also be cooked until the lentils are very soft, spiced (as above) and then mashed or liquidized to a puree.

4 BEAN SALAD

1 can chickpeas (drained)
8 oz. cooked fresh broad beans
8 oz. soaked and cooked whole lentils
1 can red kidney beans (drained)

Mix together: -

$\frac{1}{2}$ cup vegetable oil
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup white vinegar
 $\frac{1}{2}$ cup chopped onion
 $\frac{1}{2}$ cup chopped celery
 $\frac{1}{2}$ cup chopped green pepper

After mixing the vegetables pour the liquid mixture over them and refrigerate overnight. Serve chilled.

Serves 6-8.

LENTIL CRUNCH SALAD

$\frac{1}{2}$ c. lentils
1 medium crisp. diced apple
1 c. cauliflower, finely sliced
 $\frac{1}{2}$ c. broken walnuts
Mayonnaise and sour cream or
lemon juice.

Clean, soak and cook the lentils. Drain and leave to cool.
Combine the lentils, apple, cauliflower and walnuts and mix with
mayonnaise slightly thinned with sour cream, or lemon juice.

Suggestion: can be served on rings of pineapple.

Serves 6.

CHICKEN AND LENTIL SALAD

$\frac{1}{2}$ lb. (1c.) lentils	pepper
salt	$\frac{3}{4}$ c. thinly sliced green
$\frac{3}{4}$ c. salad oil	onions
3 tbs. cider vinegar	$1\frac{1}{2}$ c. cut-up cooked
$\frac{1}{2}$ tsp. tarragon	chicken or turkey
	Romain leaves

Rinse and clean lentils. Bring to boil lentils, 1 teaspoon salt and 3 cups water in a 2-quart saucepan. Reduce heat, cover and simmer for 12-15 minutes until lentils are tender, drain well.

In a large bowl mix lentils, salad oil, vinegar, tarragon, pepper 2 teaspoons salt and half the green onions. Cover and refrigerate, tossing occasionally. Cover and refrigerate remaining green onions.

Add chicken to lentil mixture and serve on a bed of romaine leaves, garnished with the remaining sliced green onions.

Serves 6.

LENTIL SURPRISE SALAD

- $\frac{1}{2}$ c. lentils
- 1 c. turkey or chicken, cubed
- 1 c. celery finely chopped
- 1 c. heart of lettuce, shredded
- $\frac{1}{2}$ c. chopped nuts (walnuts are good)

Dressing

- 1 c. mayonnaise
- $\frac{1}{4}$ c. tomato ketchup
- 1 tbsp lemon juice
- 1 tbsp grated onion
- $\frac{1}{4}$ tsp salt

Clean, soak and cook the lentils. Mix the ingredients for the dressing together and combine with the drained and cooled lentils, the turkey or chicken, celery, lettuce and the chopped nuts.

Can be served piled up in lettuce leaves or in hollowed out tomatoes

Serves 6.

LENTIL SPROUTS

Soak the required quantity of lentils in water overnight. Next day tie the soaked lentils in a muslin bag and keep moist. After 24 to 36 hours the tender, needlelike shoots should be ready for eating.

Alternative method:

Keep the lentils in a moist container. Sprinkle periodically with a little water and keep covered with 3-4 layers of dampcloth throughout the germination period.

LENTIL SPROUT SALAD

2 bunches fresh spinach(torn into pieces)
1 large, red apple, unpeeled (cored, quartered and sliced thinly)
1 c. lentil sprouts
 $\frac{1}{2}$ onion (sliced thinly)
3 tbsp. olive oil
2 tbsp. lemon juice *
1 tsp Fines Herbes
salt to taste.

Toss spinach, apple, lentil sprouts and onion together. Mix oil, vinegar, lemon juice, herbs and salt together. Pour over salad and toss well.

* An equal combination of sage, oregano, thyme, basil, marjoram and rosemary.

BREAD & SWEETS

PAPAKHS (POPPADUMS MADE WITH RED
LENTIL FLOUR)

INDIA

$\frac{1}{2}$ lb. fine red lentil flour
2 level tsp. baking powder
1 tsp. caraway seeds
1 tsp. crushed cardamom seeds
 $\frac{1}{2}$ teacup warm water
1 tsp. salt
1 tsp. crushed (not ground) black pepper
1 tsp. chili powder (optional)
2 tbsp. oil fat

Set aside $\frac{1}{2}$ tbsp. flour and place the rest in a mixing bowl with the salt. Mix the baking powder in the water and gradually add this to the flour, and mix into a stiff dough. Pound the dough vigorously with a pestle for 15 minutes, dabbing with oil to prevent it sticking. Mix in the spices and pound again (the more it is pounded, the lighter the finished result). Shape the dough into a long sausage, and cut into small portions. Cover them with the rest of the flour.

To shape paparks:

Take a portion of the flour-covered dough, grease it slightly, then roll it into a ball. Roll it out as thinly as possible and as round as possible, using more oil if necessary. Roll out the rest of the paparks in the same way. Dry them in the sun or in a hot cupboard (takes a few hours), and store in a covered tin. Either bake the paparks slowly on both sides on a gas ring or fry in smoking oil or fat.

Serve with main meals or as a snack.

Variation.

The spices may be omitted.

Makes 15.

PINNIS MADE WITH LENTILS

INDIA

1 teacup red lentils
8 oz. butter or ghee
2 tbsp. sliced pistachio or almonds
10 oz. fine sugar
1½ tbsp. dessicated coconut
½ 1 tsp. cardamom
seeds or grated nutmeg

Clean and soak the lentils overnight, drain well and dry slightly. Crush the lentils with a pestle and mortar until it looks like cake mixture. Fry the mixture in butter or ghee for 8-10 minutes. Remove from heat. scrape from the sides and bottom, continue stirring until almost cold. Add sugar, nuts (saving some for decoration) and the cardamom seeds, mix thoroughly and leave until cold. Take a little of the mixture at a time, shape into small, flat balls and place onto a shallow buttered dish. Decorate with sliced nuts.

Makes 20.

EZEKIEL'S BREAD (PUMPERNICKEL TEXTURE)

1 c. warm water	2 c. hot water
3 tbs. honey or brown sugar	1 c. soy flour
2 tbs. yeast (2 pkgs.)	1 c. rye flour
1 c. hot water	1 c. gluten flour
1½ tsp. salt	1 c. millet flour
1 c. sprouted or soaked lentils	1 c. barley flour
3 tbs. oil	4 c. whole wheat bread flour.

Mix warm water, 1 tbs. honey and yeast and let stand until the yeast is growing well. Liquefy together 1 c. hot water, 2 tbs. honey, salt, lentils, and oil until smooth. Put in large bowl and add 2 c. hot water and first five flours to the lentil mixture. Beat thoroughly and add yeast mixture. Beat again and add 1 cup whole wheat flour. Allow to stand in a warm place for 15 minutes then add about 3 cups whole wheat flour, enough to make a dough easy to handle but not too stiff, knead for 6-8 minutes. Make into loaves or rolls and put into cool oven. Allow 15 minutes for bread to rise, increase oven temperature to moderate, and finish baking (approximately 1 hour for loaves , less for rolls and small loaves).

Makes 4-5 loaves

DRY LENTIL WINE (MAKES 1 GALLON)

2 lbs. lentils
9 oz. sultanas
1 lemon
2 $\frac{1}{4}$ lbs. white sugar
2 tbs. strong cold tea
7 pints water
Cereal yeast and yeast nutrient
Campden tablets

Simmer the lentils and thinly pared lemon rind in the water for one hour and allow to cool

Strain the liquid into a large vessel (e.g. a plastic bucket) and add the sultanas (chopped), lemon juice, tea, yeast and nutrient. Cover and leave in a warm place to ferment for one week pressing the sultanas down daily.

Strain out and press the sultanas through a muslin cloth and stir in the sugar. When dissolved, transfer the liquid (must) to a fermentation jar with an air lock and ferment out.

When fermentation has finished, (4 to 6 weeks) pour or syphon the liquid into a clean jar, leaving the sediment behind. Add one crushed Campden tablet. Syphon again and add another Campden tablet, when the wine has fully cleared.

The wine should be matured for six months before bottling and should be served cool.

BIBLIOGRAPHY

BIBLIOGRAPHY

1. - Ethiopian-American Cook Book
Published by the National Literacy Campaign
Organization.
2. - Persian Cookerv
By Nassrollah Islami.
3. - Arab World Cook Book
Jameela Shaheer.
4. - In a Persian Kitchen
Favourite recipes from the Near East by
Maideh Mazda.
5. - "Turkish Cooking"
By Irfan Orga.
6. - Food from the Arab World
By Marie Karam Khayat & Margaret Clark
Kealinge.
7. - A Book of Middle Eastern Food
By Claudia Roden.
8. - Penguin Book of Herbs & Spices
By Rosemary Hemphill.
9. - Classic Dishes Made Simple
Marguerite Patten
10. - Kenya Cookery Book
11. - The Pauper's Cookbook
Jocasta Innes.
12. - French Country Cooking
Elizabeth David.
13. - Perfect Cooking
Marguerite Patten.
14. - Yoga Natural Food Cookbook
Richard Hittleman.
15. - Not just a Pretty Face - 50 model girl's recipes.

- 16.- Penguin Cordon Bleu Cookery
Rosemary Hume & Muriel Downes.
- 17.- Secrets of the Great French Restaurant
Ed. by Louisette Bertholle.
- 18.- Cooking for Two
Sue Russell
- 19.- Women's Day "Encyclopedia of Cookery" - Vol. 7.
- 20.- Vogue Food Diary 1978.
By Arabella Boxer and Tessa Traeger.
- 21.- Joy of Cooking
By Irma S. Rombauer & Marion Rombauer
Becker.
- 22.- Indian Cooking
By Savitri Chowdhary. Jaico Publishing House
Bombay.
- 23.- Shaki Turke
By Savitri Bhatia. Published A.H. Wheeler
& Co., Allakabad.
- 24.- Good Things To Eat From Dry Split Peas and Lentils
Published by the Washington Dry Pea & Lentil
Commission.