

LEGUME Cookbook

Cooking with Chickpeas, Faba Beans and Lentils



by Lorna Hawtin and Linda Sears

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ICARDA focuses its research efforts on areas with a dry summer and where precipitation in winter ranges from 200 to 600 mm. The Center has a world responsibility for the improvement of barley, lentil, and faba bean, and a regional responsibility—in West Asia and North Africa—for the improvement of wheat, chickpea, and pasture and forage crops and the associated farming systems.

Preface

For many generations, both ordinary and imaginative cooks have created tasty dishes featuring chickpeas, faba beans and lentils. An excellent source of protein and other nutrients, these versatile legumes are staple foods of the Middle East, Africa and Asia.

The recipes in this book were collected by Lorna Hawtin from friends of many cultures. The idea originated from the need for information on the uses of these food legumes to enable breeders to know what characteristics to look for. The earliest recipes were contributed by trainees at the First Legume Training Course held in Lebanon in 1974. They were published in three separate volumes (Chickpea, Faba Bean and Lentil Cookbooks) by ICARDA in 1979 and 1981, but a continuing demand for the books soon exhausted the supply. For the convenience of the cook, the recipes for all three legumes have been edited and presented together in this publication by Linda Sears of the Communication, Documentation and Information Services department at ICARDA. All the recipes have been carefully checked and metric equivalents have been added where needed. The Introduction, containing historical facts and general information about each legume, was written by Lorna Hawtin.

SaHtain! — Bon appetit! — Enjoy!

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Chickpeas

The earliest chickpeas found, on the Hacilar site near Burdur in Turkey, have been estimated to be 7500 years old. It is not known if these were cultivated or collected from the wild but it is near this area of the fertile crescent that chickpeas are believed to have been first domesticated and where the wild progenitor *Cicer reticulatum* was recently discovered.

They have been found in pre-pottery Neolithic and, more abundantly, in the early bronze age deposits at Jericho. They have also been found at about the same time in Iraq and are known to have been grown at a later date in the hanging gardens of Babylon. Chickpeas from the late Bronze age were found stored in large vessels on Crete and have been found on the 5th to 6th century B.C. funeral pyres at Salamis in Cyprus.

During the last great period of the Egyptian pharaohs, referred to as the New Kingdom (1580-1100 B.C.), the chickpea appears under the name 'falcon-face' in a list of plant names on a papyrus school text.

The Iliad by Homer (about 1000-800 B.C.) provides the most ancient literary reference. The arrows of

Helenus bouncing off the breastplate of Menelaos are compared with beans and chickpeas being thrown by the winnower.

In Ancient Gaul chickpeas appeared in vegetable soup at least as early as the 7th century B.C. Chickpeas and lentils were preserved in amphorae at Pompeii for export to the rest of the Roman world. Pliny reported that at festivals chickpeas were frequently thrown over the heads of people and were caught with much hilarity.

The botanical name for chickpeas is *Cicer arietinum*, the arietinum having been derived from Aries (the ram) and referring to the ram's head shape of the seed. Cicer was the latin name for the crop and it has often been assumed that Cicero was so named because he had a wart on his nose the size of a chickpea.

Whether or not this was the case, chickpeas are often connected with warts; the Italian 'ceci' means both a wart and a chickpea and the French 'pois chiche' served as a figurative synonym for warts. Touching a wart at new moon with a chickpea plant and then binding it with a linen cloth was considered to be one remedy for the complaint.

When Charlemagne was trying to restore productivity to lands ravaged by war, he ordered that chickpeas should be one of the vegetables to be planted on the pilot farms of his domains. When the Sicilian Vespers of March 1282 started a rebellion against the rule of Charles I of Anjou in which all identifiable Frenchmen were massacred, the French were betrayed by their inability to pronounce 'ceci' (chickpeas).

Chickpeas would seem to be an unlikely food to be credited with aphrodisiac qualities; nevertheless, there is an Arabic recipe for a stimulating potion to be taken just before bedtime in winter, made by heating the juice of powdered onions with honey and then adding crushed chickpeas and water. The perfumed garden also reports an amazing sexual exploit achieved after eating great quantities of chickpeas washed down with camel's milk spiced with honey.

Dondonaeus, writing in the 16th century, also believed the chickpea to have aphrodisiac properties and he recommended that they should not be eaten by priests and scholars.

Nicholas Culpeper, the 17th century astrologer/physician, wrote in his famous herbal of 1652 that chickpeas are "under the dominion of Venus, they are less windy than beans, but

nourish more; they provoke urine, and are thought to increase sperm."

In India, the acid secretion of chickpea leaves is sometimes collected by spreading a cloth over the plants at night. The acid mixed with dew is wrung out and used medicinally and as a vinegar. Early Sanskrit writers mentioned it as an astringent.

A German writer in 1793 mentioned that ground roast chickpeas were the best substitute for coffee in Europe and are still used as such in several parts of the world.

Eastern Sicily has a dish made by putting chickpeas and hot pebbles in the same container and stirring them vigorously until the heat from the pebbles has cooked the chickpeas. This method of cooking suggests a pre-Neolithic origin (before the invention of fireproof pottery). It would appear that chickpeas have been eaten by man since earliest civilization.

Availability and Purchasing Guide

There are two common types of chickpeas: those with small, angular seeds, which may be yellow, green, light brown or even black in color and are known as 'desi' types, and the larger, more rounded or brain-shaped

types which are normally beige/buff in color, known as 'kabuli' types. The 'desi' types are mostly found in the Indian subcontinent, Iran, Ethiopia and parts of central America whereas the kabuli types are commonly found throughout southern Europe, Western Asia, the Nile Valley, North Africa and South America.

They are available mainly dried whole or split. In parts of the world where chickpeas are grown they are frequently sold as the whole green plant from which the seeds are consumed fresh as a snack or the whole plant can be placed in a fire and the parched seeds eaten as a snack. They are also available tinned whole or as a purée. Chickpea flour is also available in some countries.

Chickpeas are also marketed under the names gram, Bengal gram and garbanzos.

Nutrition

Dried chickpeas contain about 20% protein. The bulk of the seed is made up of carbohydrates (61%) and 5% fat. It is a relatively rich source of lecithin and potassium and also has small quantities of vitamins A, B and C.
100 g of chickpeas = 350 calories.

Storage

Dried chickpeas can be kept almost indefinitely. Tinned chickpeas last well for up to 5 years. Once cooked, the chickpeas can be stored covered for several days in the fridge.

Basic Preparations

Pick out any grit or discolored chickpeas. Soak overnight in cold water. The following day, drain. Add cold water to more than cover. Bring slowly to the boil and simmer until tender (30-60 minutes). An alternative to soaking overnight is to cover the chickpeas with cold water and bring to the boil, turn off heat and leave covered for 1 hour.

In the pressure cooker: bring to 15 lbs pressure and maintain for 10-15 minutes.

Many recipes specify that chickpeas should be cooked with 1 tsp. baking soda; this was necessary to soften the older varieties of chickpeas but now no longer seems to be necessary.

Faba Beans

Faba beans probably originated in the Near East in late Neolithic times. By the Bronze Age they had spread at least to Northern Italy and have been found in several lakeside dwellings in Switzerland. The earliest findings in Britain date back to the Iron Age at Glastonbury. They were widely cultivated in ancient Egypt, Greece and Rome.

In ancient Egypt they were mostly eaten by the common people. The upper classes considered them unworthy and, unlike lentils, they have not been found in the tombs or depicted on frescoes.

Faba beans are mentioned several times in ancient Greek Literature, e.g., ^NThe Iliad by Homer written in the 8th to 9th century talks of faba beans. The Greeks apparently associated the little black spot on the hilum with death and although the beans were sometimes offered in sacrifices to Apollo, the priests were strictly forbidden to eat or even to mention its name.

Pythagoras (a Greek philosopher in the 6th century B.C.) refused to walk through fields of faba beans and forbade his disciples to eat them. He is said to have met his death at the hands of the people of Crotonia in

Ancient Bratium (Italy). Pursued by them, he came to the edge of a bean field and, rather than set foot in it, was caught and killed. It is probable that he was prone to favism - a disease which is almost entirely confined to genetically susceptible people of Mediterranean origin. Favism occurs when such individuals consume faba beans or inhale the pollen.

Unlike the Egyptians and Greeks, the Romans held the faba bean in much higher esteem. The Elder Pliny in 'Naturalist Historiae' gives faba beans the highest place of honor among legumes. He speaks of 'Lomentum' (bean meal) as being mixed with wheat or millet flour in the baking of bread to make the loaves heavier. It is probable that the Latin word for bread ('panis'; Italian 'pane' or French 'pain') comes from the Greek word for faba bean, 'puanos'.

All the prominent writers on Roman agriculture mention faba beans, e.g., Cato the Censor, Columella and Varro.

Apicius in the 1st century A.D. in his book 'De Re Conquinaria' (the world's oldest surviving cookbook) mentions a number of dishes made from faba bean - shelled and in the pod, boiled and fried. He gives the recipe for a

special purée of bean meal mixed with fish stock (Liquamen), oil and herbs (especially cumin and coriander).

Romans also used faba beans in sacrifices to the goddess Carna.

In the Middle Ages faba beans were consumed throughout Europe and they were the only beans known to Europeans before the discovery of America in 1492.

Faba beans are mentioned in several old herbals, for example Gerard in the 16th century. Nicholas Culpeper, the 17th century astrologer/physician, stated that "They are plants of Venus and the distilled water of the flower of garden beans is good to clean the face and skin from spots and wrinkles ... Flour of beans and fenugreek mixed with honey, and applied to felons, biles, bruises, or blue marks by blows, or the imposthumes in the kernels of the ears, helpeth them all, and with rose leaves, frankincense, and the white of an egg, being applied to the eyes, helpeth them that are swollen or do water, or have received any blows upon them, if used in wine."

It has often been mentioned in folk-lore. The bean in the fairy tale "Jack and the Beanstalk" may well have been a faba bean. In the fairy tale "The straw, the coal and the bean" by the Brothers Grimm we learn how

the bean got her black stripe. She laughed so hard at the antics of the burning coal and straw as they fell into the river that she split her sides laughing. A tailor was passing and sewed her up but ever since then the bean has had a black stripe because the tailor used black thread for the stitching.

There is also an ancient custom of including a whole bean in a special cake baked especially on Twelfth Night (see recipe). The person who receives the piece with the bean in it is proclaimed king for the night.

Faba beans are now cultivated in many temperate regions of the world and at higher elevations in some subtropical areas. They are now popular in many countries of Europe, North Africa, the Middle East, Egypt, Sudan and Ethiopia and in certain Far Eastern countries, especially China, which now grows almost two-thirds of the world's production of the crop. In Italy there is a 'fava' (faba) season in the spring - people out walking pick them wild and eat a few, raw. They were probably introduced into the New World by the Spanish but have never found great popularity there except in certain Andean countries of Latin America.

Availability and Purchasing Guide

Faba bean seeds are very variable in shape and size from strongly compressed to nearly globular. They can be white, green, yellow, buff, brown, purple, black or mottled. The most common for human consumption are buff or brown. Their botanical name is *Vicia faba* but they can also be sold as Windsor beans, broadbeans, horse beans, field beans, tick beans, faba beans or pigeon beans.

They are available in a number of forms:

- Fresh in the pod
- Frozen, shelled faba beans
- Dried large-seeded faba beans*
- Small-seeded faba beans* - the Egyptian 'ful madamas'
- Tinned 'ful madamas' and green faba beans

* Both types of dried faba beans can also be sold whole or skinned and split (decorticated).

Nutrition

The dried faba bean contains about 25% protein. The bulk of the seed is made up of carbohydrates (about 50%) and it has less than 2% oil. It also contains calcium and iron. Fresh faba beans are a good dietary source of protein and in addition contain the vitamins riboflavin and vitamin C.

Storage

Dried faba beans can be kept almost indefinitely. Frozen (see method), they can be stored for about 1 year. Tinned faba beans last well for up to 5 years as do bottled faba beans (see method). Once podded, fresh faba beans can be stored, covered, for 1 - 2 days in the fridge.

Basic Preparation

Very young beans are small and tender. Such delicate pods can be cooked and eaten in the pods like a mange tout pea. More mature beans are shelled before cooking. A black line on the bean is a sign of age and toughness and it is better skinned before serving.

To cook fresh faba beans, put them in a little boiling salted water with a little parsley or winter savory, cook until tender: about 8 minutes when young but longer when older. Serve with melted butter and parsley, white sauce, cream, parsley or onion sauce (see recipes). Allow $\frac{1}{2}$ - $\frac{3}{4}$ lb (200 - 300 g) per person.

Dried faba beans should be soaked overnight in four times as much cold water as beans. The cooking time depends on the locality in which they were grown and their age. Small faba

beans should be tender after boiling in water for 20-30 minutes; large beans take about 10 minutes longer.

To bottle faba beans

1. Choose very young fresh faba beans, pod them, blanch them in boiling water for 5 minutes, then strain.
2. Pack the beans into bottling jars.
3. Make a brine solution by boiling 1 tsp. salt to each 1 pint/600 ml water.
4. Pour the boiling brine over beans, leaving 1 inch/2½ cm at the top of the jars free of the vegetables or liquid.
5. Put lids on the jars, give screw bands a half-turn back to allow for the expansion of the glass.
6. Put 1 pint/600 ml boiling water into the pressure cooker, add 1 tbs. vinegar (so the pan does not become discolored).
7. Stand the jars on the trivet in the pressure cooker, making sure they do not touch each other or the sides of the pan.
8. Put on the lid and place on a low heat. Heat until all the air is expelled from the cooker, then heat for a further 5 minutes.
9. Place the 10-lb weight in position and bring to pressure. Maintain at pressure for 40 minutes.
10. At the end of the cooking time, move the cooker gently off the heat. Do not touch the cooker until the pressure has dropped to room temperature.
11. Remove the jars and tighten the screw bands (if using).
12. Leave undisturbed overnight or for 24 hours, then test to see if the jars have sealed. To do this, remove the screwband or clip and make absolutely certain the lid is fast (remedy any faults and re-sterilize or eat the contents of faulty jars immediately).
13. Replace the clip or screwband loosely; grease the inside of the screwband.
14. Store in a cool dry place.

Always heat bottled faba beans for a minimum of 10 minutes.

To freeze faba beans

Pick faba beans when they are young. Shell or cut them in their pod into 1-inch (2½-cm) segments. Blanch in boiling water to preserve their color and flavor for 2 minutes (small beans) or 3 (large) minutes. Drain and cool quickly in cold water. Drain well. Pack in polythene bags or polythene containers. Freeze rapidly. Storage time: 12 months. Thawing and cooking: plunge frozen beans into boiling salted water for 5-8 minutes.

Lentils

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 6000 B.C. 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 12th dynasty tombs at Thebes (2400-2200 B.C.) and the preparation of lentil soup is shown in a fresco from the time of Ramses II (1200 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 8th century B.C.

The crop spread eastward 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 1800 and 2500 B.C.

The introduction of lentils into the New World was made by the Spanish and Portuguese, probably at the beginning of the 16th century but they were not introduced into the USA until the First World War.

Medicinal properties of lentils have been mentioned in several old herbals. The 16th century writer Dondonaeus recommended lentils as part of the diet in monasteries as he believed that they dampened the sexual appetite; Nicholas Culpeper, the 17th century astrologer/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 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 puréed lentils may replace potatoes as an accompaniment for pork and other meats. There are many other variations as this book shows.

Availability and Purchasing Guide

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

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

Nutrition

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

3½ oz (100 g) dry lentils = 340 calories.

Storage

They can be kept almost indefinitely (in fact, their cooking quality tends to improve with age) but 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.

Basic Preparation

Lentils should be carefully picked over, discarding any foreign material and imperfect seeds. Wash well and remove 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). 1 cup of lentils expands to 2-2½ cups after cooking. The cooking time depends on the locality in which they were grown and their age but unsoaked lentils should be tender after boiling for 20-30 minutes and previously soaked lentils take about half the time.

Amorillo Taco (*Mexico*)

6 oz/150 g chickpeas
6 oz/150 g soya beans
2 pints/1 L water
1 packet dried onion soup
2 tbsp. chilli powder
4 tbsp. oil
1 small hot green pepper, chopped
Tabasco sauce

Soak the beans overnight in cold water. Drain, add the water, soup powder, chilli powder, oil and chopped pepper. Pressure cook for 10-15 minutes at 15 lbs pressure. Mash with a fork or potato masher. Boil off any excess liquid. Season with Tabasco sauce to taste.

Serve on buns or toast or as a filling for tacos.

Serves 4

Chickpea Spread

8 oz/200 g cooked chickpeas
2 tbsp. lemon juice
2 tbsp. yoghurt
¼ tsp. thyme
½ tsp. basil
½ tsp. oregano
1 garlic clove, crushed
salt and pepper

Mash the chickpeas, add the lemon juice, yoghurt, thyme, basil, oregano and the crushed garlic. Season to taste.

Serve as you would paté, with toast or biscuits.

Philouries (Chickpea Fritters)

½ lb/200 g chickpea flour
½ tsp. ground turmeric
½ tsp. ground cumin
½ tsp. chilli powder
1 egg, beaten
2 red or green fresh (*or* pickled)
chillies, finely chopped
2 garlic cloves, crushed
1 large onion, finely chopped
yoghurt
salt and pepper

Mix the chickpea flour, turmeric, cumin and chilli powder, add to the beaten egg with the chopped chillies, garlic and onion. Add yoghurt to make a thick batter. Season to taste.

Drop spoonfuls of the batter into deep boiling fat and cook to a golden brown.

Chickpea Snack

4 oz/100 g chickpeas
4 oz/100 g whole wheat flour
1 tsp. baking powder
1 garlic clove, crushed
salt and freshly ground black pepper
1 oz/25 g butter
2 tbsp. oil

Soak the chickpeas overnight in cold water, drain and cook in fresh water. Meanwhile mix the flour, baking powder and garlic, season with salt and freshly ground black pepper. Toss the chickpeas in the seasoned flour.

Heat the butter and oil together in a frying pan and add the chickpeas; sprinkle any remaining flour over. Fry the chickpeas gently, turning frequently until they are crisp and golden. Drain on absorbent paper and serve immediately.

Bessani Pura (Chickpea Pancakes) (*India*)

2 oz/50 g chickpea flour
¼ pint water (approx.)
1 tsp. salt
1 tbsp. chopped parsley *or* coriander
ghee *or* butter for frying

Make a thin pouring batter with the chickpea flour and water. Season with salt. Mix in the parsley. Beat lightly and leave to rest for 15 minutes.

Heat a griddle or heavy frying pan. Add a generous amount of butter. When it is hot pour in a layer of batter and spread to cover the pan. Turn once after about 30 seconds.

Hommos (*Greece*)

½ lb/200 g chickpeas
juice of 1 lemon
½ pint/125 ml vegetable oil
4 tbsp. tahini (sesame seed oil)
2 garlic cloves, crushed
sea salt

Soak the chickpea for 24 hours. Cook in fresh water until soft. Strain but reserve the cooking liquor. Put into a liquidizer and blend to a smooth paste, add the lemon juice and some of the cooking liquor, if necessary. Add the oil, tahini, garlic and salt. Turn into a shallow bowl. Sprinkle with chopped mint or a few cooked chickpeas, deep fried and used to garnish.

Serve as a dip with corners of Arabic (or Pita) bread.

For the Middle Eastern version replace the vegetable oil with more tahini (sesame seed oil).

Cauliflower Fritters

4 oz/100 g chickpea flour
pinch salt
2 eggs, separated
¼ pint/150 ml water
4 tbsp. milk

First divide one cauliflower into florets and cook in salted water until just tender. Drain carefully. Sieve the flour and salt, add the egg yolks, water and milk, then fold in the stiffly beaten egg whites. Heat the oil or fat. Dip the sprigs of cauliflower into the batter and fry for 1-2 minutes only. Drain on absorbent paper.

Fried Crispy Faba Beans

Soak beans in cold water overnight and remove the skins. Split the beans. Dry them. Fry in hot oil until golden brown. Drain on absorbent paper and sprinkle with salt.

Serve as a snack.

The beans can also be roasted instead of fried but sprinkle them with salt *before* roasting.

Broad Bean and Lentil Paté (*Egypt*)

8 oz/250 g dried broad beans
2 tbsp. red lentils
2½ pints/1¼ L water
2 tbsp. fresh lemon juice
salt
4 tbsp. olive oil
1 garlic clove, crushed

Garnish:

a sprig of parsley *or* coriander
paprika

Soak the broad beans and lentils overnight in the water. Cook under 15 lbs pressure for 20 minutes; the beans should be soft and the water absorbed. Mash with a fork and add salt, garlic, lemon juice and olive oil to taste (2 tbsp. lemon juice and 3 tbsp. oil is about right).

Put into a dish and pour over about 1 tbsp. of olive oil, sprinkle with a little paprika and place a sprig of parsley (or coriander) on top. Serve as you would paté with bread, rusks or cheese biscuits.

Lentil Snack (*India*)

450 g whole lentils
cooking oil or ghee
1 tsp citric acid *or*
1 tsp salt and
1 tsp garam masala powder

Soak the lentils overnight in cold water. Drain and dry on a cloth. Heat the oil in a frying pan. Drop in a handful of lentils and deep fry them, turning all the time until the oil stops bubbling and the lentils are crisp and cooked. Drain on paper towels and put in a jar with a lid. Shake with citric acid or the salt/garam masala mixture. Store until needed.

Paparhs (Papadums made with Red Lentil Flour) (*India*)

½ lb/225 g fine red lentil flour
1 tsp. salt
2 level tsp. baking powder
½ teacup warm water
1 tsp. caraway seeds
1 tsp. crushed cardamom seeds
1 tsp. crushed (not ground) black pepper
1 tsp. chilli powder (optional)
2 tsp. oil fat

Makes 15

Set aside ½ tbsp. flour and place the rest in a mixing bowl with the salt. Mix the baking powder in the water; 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 paparhs: 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 paparhs 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 paparhs 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.

Sopa de Pauela (Chickpea Soup with Garlic and Mint) (Spain)

8 oz/200 g chickpeas, soaked
3 tbsp. chopped mint
2 garlic cloves, crushed
3 tbsp. chopped parsley
6 tbsp. olive oil
salt, freshly ground black pepper
2 slices of bread, crusts removed

Cook the soaked chickpeas in water until very tender. Drain them but keep the cooking water; measure it and make up to 1½ pints/750 ml if necessary. Liquidize the chickpeas, garlic, mint, parsley and 3 tbsp. of oil until smooth. Season to taste and reheat gently. Meanwhile make the bread into croutons by cutting into cubes and frying until golden in the remaining oil. Serve sprinkled with croutons.

Chickpea Soup I

4 oz/100 g chickpeas
1 small onion, sliced
1 garlic clove, crushed
1 anchovy fillet, chopped
½ green pepper seeded, cored and chopped
2 tbsp. olive oil
2 tomatos, skinned and chopped
pinch of dried rosemary
salt and pepper
2 oz/50 g small noodles

Soak the chickpeas overnight in cold water. The following day, bring to the boil in a pan with 2 pints/1 L of cold water and cook until tender but whole. Strain and retain cooking liquor. Fry the onion, garlic, anchovy and green pepper in olive oil until tender but not browned. Add the tomatos and rosemary and simmer gently for about 10 minutes. Add to the cooked chickpeas and ½ pint/300 ml of the cooking liquor. Add salt and pepper to taste and bring to the boil. Add the noodles and continue simmering until tender. Serve hot.

Chickpea Soup II

6 oz/150 g chickpeas
2 onions
3 carrots
3 leeks
3 celery stalks
½ lb/200 g tomatoes
4 tbsp. olive oil
salt and black pepper
4 tbsp. chopped parsley

Soak the chickpeas overnight. Drain and cover with fresh cold water. Add 1 halved onion, 1 leek and 1 celery stalk and bring to a boil. Simmer until tender. Drain, reserving the cooking liquor. Chop the remaining vegetables, keeping each kind separate. Heat the oil in a heavy pan and add the chopped onion. Cook gently until golden brown, add the chopped carrots; after a few minutes add the leeks, then the celery. Skin the tomatoes, chop them and add to the other vegetables; when all are slightly softened reheat the chickpea stock and pour in. Bring to the boil and simmer for about 20 minutes. Add the chickpeas and bring back to the boil. Simmer for 5 minutes, grind coarsely. Reheat, adjust seasoning to taste, sprinkle with chopped parsley and serve.

Ash-e Shol Ghalamcar (Chickpea and Herb Soup) (*Persia*)

¼ lb/100 g chickpeas
¼ lb/100 g kidney, pinto or navy beans
1 large onion, chopped
1 tbsp. butter *or* shortening
½ tsp. turmeric
1 lb/400 g lamb shank
¼ lb/100 g lentils
1½ tsp. salt
½ tsp. pepper
100 oz/250 g rice
1½ lbs/600 g mixed greens (leeks,
green onion, parsley, coriander, fresh
dill weed, etc.)

Soak chickpeas and beans overnight. Fry the onion in butter or shortening until golden brown. Add the turmeric, meat, soaked beans, lentils, salt, pepper and enough water to cover. Simmer gently, covered, for 1 hour. Add the rice and chopped greens. Cook for another 30 minutes, stirring occasionally.

Serves 4-5

Ash-e Mast (Yoghurt Soup) (*Persia*)

1 large onion, sliced
2 tbsp. butter or shortening
½ lb/200 g lamb shoulder or lamb
shank
2 oz/50 g chickpeas
2 oz/50 g haricot beans
4 oz/100 g lentils
7 oz/175 g rice
2 tbsp. salt
1 tsp. turmeric
¼ tsp. pepper
3-4 pints/2 L water
1 pint/500 ml yoghurt

Soak the chickpeas and haricot beans in separate bowls overnight. Drain. Fry the onion in the butter (or shortening) in a large saucepan. Add all the other ingredients (except the yoghurt). Cover and simmer 1½ hours. Mince the meat and return it to the soup. Stir a few spoonfuls of hot soup into the yoghurt in order to warm it; then add the yoghurt to the soup, stirring gently.

Mexican Chickpea Soup (Sopa de Garbanzos Compechana)

8 oz/200 g chickpeas
2 pints/1 L vegetable stock
2-3 onions, chopped
1 tsp. turmeric
3 tbsp. butter or margarine
2 tbsp. flour
salt and pepper

Soak the chickpeas overnight in cold water, drain. Sauté the chopped onions in butter until golden brown. Mix the chickpeas, onions, turmeric and stock. Cook in the pressure cooker for 10-15 minutes at 15 lbs pressure. Liquidize or pass through a food mill. Make a roux by melting 1 tbsp. butter, add the flour and stir for a few minutes. Add it to the puréed chickpea mixture, stirring continuously so that it does not become lumpy. Cook for a few minutes more. Season to taste. Serve in bowls with a little lump of butter added to each.

Serves 4

Manti Corbasi (Lamb Soup with Ravioli) (Turkey)

1½ pints/1.5 L lamb stock
1 oz/25 g chickpeas, soaked overnight
1-2 tbsp. tomato purée

Manti dough:
½ lb/200 g flour
1 egg
salt
cold water

Stuffing:
1 lb/400 g minced lamb
1 large onion
4 or 5 sprigs of parsley, finely chopped
1 egg
black pepper and salt

Boil the chickpeas in lamb stock. Meanwhile prepare the manti. When the chickpeas are barely tender add the manti to the stock and simmer for 15 minutes. Stir in the tomato purée before serving.

Dough: Sift the flour into a large basin with salt, make a well in the center and break the egg into it, mix, adding enough cold water to make a dough. Knead well and set aside.

Stuffing: Grate the onion into the minced lamb, add the chopped parsley, egg and seasoning. Knead well. Roll out the dough as thinly as possible without breaking. Cut the dough into circles, put a spoonful of stuffing into the middle and fold into a little bag by squeezing the dough together at the top.

La Soupe aux Fèves (*France*)

2½ lbs/1 kg fresh faba beans
4 oz/100 g fresh green peas, shelled
1 stick of celery, sliced thinly
12 very small white onions, peeled

Fricassée:

1 slice of bacon
bacon fat
1 garlic clove
1 onion
parsley or basil
1 tbsp. flour

Shell the faba beans, then remove the skins. Bring about 3 pints (1½ L) of water to the boil, salt it, and add the faba beans. Simmer. When the beans are half cooked, add about 4 oz (100 g) of fresh green peas, the onions and the celery.

Fricassée: fry the finely chopped bacon, the onion, garlic and some parsley or basil in bacon fat. When they are brown add flour, stir for a few minutes, add a ladleful of the soup and stir it continuously until the fricassée has thickened, then return the whole mixture to the soup. Cook for 10 more minutes.

Serve poured over slices of rye bread in the soup bowls.

Faba Bean Soup

1 lb/½ kg faba beans, including pods
1 onion, chopped
½ oz/15 g margarine
1 pint/500 ml stock
1 tsp. mixed herbs
salt and pepper
¼ pint/250 ml milk
½ oz/15 g flour, cornflour or
rice flour

Slice faba beans thinly. Melt the margarine and add the beans and onions, cover the saucepan and shake it frequently over gentle heat for 10 minutes. Boil the stock and add it to the beans along with the mixed herbs. Simmer the soup for ½ to 2 hours until the vegetables are quite soft. Liquidize or pass through a sieve and return the soup to the saucepan. Blend the flour or cornflour with the milk and add it to the soup, bring to the boil and stir for a few minutes. Taste and season before serving.

Ful Nabed Soup (*Egypt*)

Recommended for sick and convalescing people to regain their health.

1 lb/½ kg dried skinned faba beans
2 tbsp. olive oil
salt and white pepper
3 tbsp. parsley, chopped finely
juice of 1 lemon

Soak the beans for 48 hours. Drain them and put into a large saucepan with 3-4 pints (about 2 liters) water. Bring to the boil and simmer covered for 1 hour, or until the beans are soft. Press the beans and liquid through a sieve, blend in an electric blender or mash with a fork or potato masher. Return the soup to the saucepan, add the oil, and season to taste with salt and pepper. Bring to the boil and simmer for a few minutes, adding more water if the soup is too thick. Garnish with chopped parsley and a squeeze of lemon juice. Serve with bread.

La Potée (*France*)

A French peasant dish of the Haute Marne region.

12 small potatoes
12 small carrots
6 small turnips
6 small onions
2 lbs/1 kg faba beans, fresh,
in pod
2 lbs/1 kg fresh green peas
1 lb/½ kg home-cured bacon,
diced
heart of a young cabbage, cut
in strips

Put the onions, potatoes, carrots, turnips and the diced bacon into a heavy saucepan, cover with water and simmer slowly for about an hour. Half an hour before serving add the shelled faba beans and peas. During the last 5 minutes add the cabbage.

Rustic Soup with Vegetables (*Italy*)

1 lb/½ kg faba beans
1 tsp. salt
olive oil
wild vegetables (wild chicory, thistles,
wild mustard)
fried pepper (optional)
sliced sweet raw onion (optional)

Soak dried faba beans overnight. The next day put them in a saucepan with a generous amount of water, cover with a close-fitting lid. Bring to the boil and boil for about 1 hour. Remove any scum which forms with a slatted spoon. Repeat several times until no more froth is produced. Add salt and stir with a long wooden spoon; toss the saucepan every so often; add more water if necessary. When the faba beans look like curdled milk, add olive oil and stir.

Separately boil an abundant amount of salted water with wild vegetables until cooked. Drain. Arrange in a dish half faba bean mash and half vegetables. Pour a generous amount of olive oil over.

Lentil Soup (*Middle East*)

3 tbsp. butter
1 large onion, chopped
1 stalk celery with leaves, chopped
1 carrot, chopped (optional)
1 turnip, chopped (optional)
¾ lb/350 g lentils, washed
3 pints/1.5 L water or meat stock
1 marrow bone, cracked
salt, black pepper

Taklia:

2-3 garlic cloves, crushed
salt
2 tbsp. butter, oil *or* samna*
1 tbsp. coriander
pinch of cayenne pepper

Melt the butter in a large saucepan and soften the onion, celery, turnip and carrot. Add the lentils, water or stock and the marrow bone, bring to a boil and skim. Simmer gently in a covered pan until the lentils are soft (¾ to 1½ 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 lemon juice and cumin to taste. Simmer for a few minutes longer, then remove marrow bone. Mash, sieve or liquidize to a purée. 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 and chopped fresh or dried mint.

Taklia sauce:

Fry crushed garlic and salt in butter until golden brown. Add coriander and cayenne, mix to a paste and fry for a few more minutes.

Variations:

1. Add about 2 oz rice and simmer for 15 minutes or until the rice is tender.
2. Instead of flavoring with cumin and lemon juice, just before serving stir in a taklia (garlic) sauce.
3. Flavor with savory, thyme, parsley and oregano and 2 chopped tomatoes.

Shawrabat Adas (Lentil Soup) (Syria and Lebanon)

1½ cups lentils
2½ lbs/2.5 kg ^{Cap} Swiss chard leaves or
spinach
¾ cup chopped onions
¾ cup olive oil
1 bunch coriander or 1 stalk celery
5 garlic cloves
1½ tsp. salt
¾ cup lemon juice (or to taste) or
2 tbsp. tomato purée in ¾ cup water
1 tsp. flour

Serves 6

Wash the lentils and drain overnight. Wash again in the morning and pick over. Cook with water to cover in a pressure cooker 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 1 tsp. flour to chicken sauce. Simmer until of a thick soup consistency. Add seasonings. Serve hot.

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

Ash-e Reshte (Noodle Soup) (Iran)

½ lb/200 g ground beef
1 small onion, grated
¼ tsp. cinnamon
¼ tsp. pepper
½ tsp. salt
4-5 cups water
1½ tsp. salt
¼ cup black-eyed peas
¼ cup lentils
1 cup noodles
½ tsp. salt
½ cup parsley, chopped
1 tbsp. dried mint
¼ tsp. pepper
¾ 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 with 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 cup lentils
1 cup chickpeas
½ cup dried black beans
1 cup rice
½ cup olive oil
½ cup minced onions
1½ tsp. salt
½ tsp caraway seeds
5 cups water

Serves 10

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, add to lentil/bean mixture. Add onions (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.

Kirmizi Mercimek Corbasi (Red Lentil Soup) *(Turkey)*

1 tbsp. butter
2 onions, chopped
1½ cups red lentils
8 cups veal stock
salt
1 tsp. paprika
4 tbsp. minced parsley
¼ cup wine vinegar

Roux:

1 tbsp. flour (sifted)
1 tbsp. butter
3 egg yolks
1 cup single cream

Melt 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.

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 purée. Do not reheat but serve immediately. Garnish with bread croutons rolled in the minced parsley. Spoon the wine vinegar over at the table.

Variation: Substitute beef stock for veal stock and add 1 bay leaf 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 lb/450 g brown lentils, soaked
1 onion
1 leek
thyme
bay leaf
salt and pepper
1 pheasant
4 fl oz/100 ml cream

Serves 8

Cook the soaked lentils in salted water with the onion, the white of the leek, thyme, bay leaf 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 saucepan. 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.

Lentil Soup with Prunes (*Luxembourg*)

1 lb/450 g lentils
¼ lb/100 g sliced bacon *or* ¼ lb/100 g
cooked ham
2 onions, chopped
1 large carrot, chopped
15 pitted prunes
2 tbsp. brown sugar
2 tbsp. vinegar
1 pinch thyme
salt to taste
1 lemon, sliced

Serves 8

Soak lentils overnight and simmer them in the same water for 1 hour. Add all the other ingredients except the lemon and simmer for 2 hours or longer until the soup is thick and the lentils tender. Serve with a slice of lemon in each soup bowl.

Thick Lentil Soup

½ lb/250 g sliced salami *or* frankfurters
1 tbsp. shortening
2 onions, chopped
1 garlic clove (optional)
5 cups water
¾ cup dried lentils
½ cup celery and leaves, chopped
½ green pepper, chopped
¾ tsp. mixed pickling spice
1 small hot red pepper, if desired
salt and pepper

Serves 4

Tomato and Lentil Soup

4 oz/100 g lentils
2 onions, chopped
1 garlic clove, crushed
4 rashers bacon
1 oz/25 g butter
2 tbsp. oil
1 lb/450 g tomatoes, sliced
2½ pints/1½ L chicken stock
seasoning
2 tbsp. tomato purée
1 tsp. sugar

Serves 6

Cut salami into ¼"/½ cm 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 ½ hour until lentils are very well done. Add salt and pepper to taste.

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 purée 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.

Lentil and Noodle Soup

4 oz/100 g lentils, soaked overnight
½ onion, sliced
1 garlic clove, crushed
1 anchovy fillet, chopped
½ green pepper, seeded cored and chopped
2 tbsp. olive oil
2 tomatoes, skinned and chopped
pinch dried rosemary
salt and pepper
2 oz/50 g small noodles

Bring lentils to a boil in 2 pints/1 L 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 ½ pint/250 ml of the cooking liquor. Add salt and pepper to taste and bring to the boil. Add noodles and continue simmering until tender.

Chickpea or haricot beans can replace lentils in this recipe.

Curried Lentil Soup

2 large onions
1 turnip
2 tbsp. butter
2 tsp. curry powder
½ lb/225 g lentils, soaked
2 pints/1.2 L stock
salt and pepper
a little chutney juice
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 1½ 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

Chickpea and Spinach Salad (*Middle East*)

1 lb/½ kg spinach *or* swiss chard
a little oil for frying
1-2 onions, chopped
3 garlic cloves, crushed
6 oz/150 g chickpeas, soaked, cooked
and drained
6 tbsp. olive oil
juice of 1 lemon
salt and freshly ground black pepper
1-2 tbsp. chopped parsley

Wash the spinach (or swiss chard) well. Cook it with the minimum of water, drain, chop and cool it. Meanwhile, fry the chopped onions and garlic in a little oil until brown. When the spinach and onions are cool mix with the cold, cooked chickpeas together with the olive oil, lemon juice, seasoning and chopped parsley. Season well. Serve with yoghurt.

Italian Appetizer Salad

1 small cauliflower
1 medium-sized lettuce
1 medium-sized escarole
1 medium-sized curly endive
1 lb/450 g sliced runner beans
1 lb/450 g kidney beans
1 lb/450 g chickpeas
2-3 spring onions, chopped
6 hard-boiled eggs, sliced
2 tomatoes, sliced
2 oz/50 g olives, sliced
1 or 2 tins (2 oz/50 g) anchovies

Divide the cauliflower into florets and parboil until barely tender; drain. Mix the greens, beans, spring onions and 4 of the eggs in a salad bowl. Toss with a dressing made with oil, vinegar, salt and pepper. Garnish with tomato slices, egg slices, olives and anchovies.

Serves 10-12

Dressing:

½ pint/300 ml olive oil
¼ pint/150 ml vinegar
1½ tsp. salt
¼ tsp. pepper

Marinated Green Bean Salad

2 cans (16 oz/400 g) kidney beans
2 cans (16 oz/400 g) (or cooked fresh) whole green beans
2 cans (16 oz/400 g) yellow wax beans
2 cans (16 oz/400 g) chickpeas
2 large green peppers, cut into thin rings
1 large red pepper, cut into thin rings
5 onions, cut into thin rings
4 oz/100 g sliced pimento-stuffed olives
1 can (4 oz/100 g) pimentos, diced
Cos lettuce

Dressing:

3 fl oz/75 ml salad oil
3 fl oz/75 ml white vinegar
2 oz/50 g caster sugar

Serves 20

Turn the thoroughly drained kidney beans, green beans, wax beans and chickpeas into a large container for marinating. Add green and red peppers and onions. Sprinkle with olive slices and chopped pimentos (reserve a few for garnishing). Mix all lightly. Shake together in a covered jar the salad oil, vinegar and sugar. Pour over bean mixture. Cover and marinate in the refrigerator at least 6 hours before serving. At serving time, line a large wooden salad bowl with lettuce leaves. Add the bean mixture. Garnish with reserved sliced olives and pimento.

Variation: Mix cooked kidney beans, green beans and chickpeas together with a crushed clove of garlic and a small chopped onion. Toss in a dressing of 4 oz olive oil, 4 oz of red wine or cider vinegar and 1 tsp. each of basil and oregano. Serve on lettuce leaves with tomato wedges.

Chickpeas in Mayonnaise

2 oz/50 g chickpeas
1 tbsp. chopped parsley
4 fl oz/100 ml mayonnaise
3 garlic cloves, crushed
paprika

Soak chickpeas overnight. The following morning cook until tender. Cool and mix with the chopped parsley, add the mayonnaise and the garlic. Sprinkle with paprika.

Chickpea Salad

8 oz/200 g chickpeas
1 cucumber
¼ lb/100 g mushrooms
1 green pepper
1 onion
parsley

Dressing:

½ pint/300 ml yoghurt
1 cup sour cream
garlic
salt and pepper

Soak the chickpeas overnight, boil them gently until tender. Drain and cool. Chop the vegetables into small pieces. Mix yoghurt, sour cream and crushed garlic, season well with salt and pepper. Mix the vegetables and chickpeas together. Pour on dressing and stir. Garnish with chopped parsley. Serve chilled.

Hot Bean Salad

2 oz/50 g lima beans
2 oz/50 g red kidney beans
2 oz/50 g chickpeas
1½ pints/900 ml chicken stock
2 tbsp. oil
1 onion, chopped
3 rashers streaky bacon, chopped
salt and pepper
4 eggs, hard-boiled

Soak beans and chickpeas overnight. Put into a pan and add enough stock to cover. Simmer until tender; all the stock should be absorbed during cooking. Fry onion in oil with bacon until golden and crisp. Stir in the hot beans and chickpeas, add the chopped hard-boiled eggs. Season with salt and pepper and heat through before serving.

Serves 4

Faba Bean Salad (*Syria and Lebanon*)

1 lb/½ kg faba beans, dry
1 onion, chopped
1 garlic clove, crushed
2 tomatoes, quartered
1 tsp. fresh *or* dry mint, chopped
2 tbsp. lemon juice

Soak beans overnight in cold water. The following day drain and rinse, cover with cold water and boil for 1 hour. Cool, then add onion, garlic, tomatoes, mint and lemon juice.

Serves 4

Aigroissade (*France*)

8 oz/200 g new potatoes
4 oz/100 g small carrots
8 oz/200 g shelled faba beans
4 oz/100 g french beans
14 oz/400 g can artichoke bottoms, chopped
4 oz/100 g chickpeas, soaked and cooked
3 garlic cloves, crushed
6 tbsp. natural yoghurt
6 tbsp. mayonnaise
salt and black pepper
a few sprigs of parsley

Peel the potatoes and carrots and dice, cook in boiling salted water until almost tender. In a separate saucepan cook until tender the shelled faba beans and the topped, tailed and sliced french beans. Drain and cool, mix together all these vegetables along with the chopped artichoke bottoms and the chickpeas. Mix together crushed garlic, yoghurt and mayonnaise (preferably homemade) and add to the vegetables, stirring gently with a wooden spoon. Garnish with chopped parsley.

Faba Bean and Salami Salad

Rub the salad bowl with a cut clove of garlic. Mix diced salami and cooked faba beans together. Toss in oil and vinegar, season well.

Faba Bean Salad

1 lb/½ kg fresh faba beans, shelled
1 tsp. paprika
1 tsp. mustard
1 garlic clove, crushed
1 tbsp. parsley, chopped
1 tbsp. wine vinegar
3-4 tbsp. olive oil
salt and pepper

Cook the beans in boiling water until tender. Mix the paprika, mustard, garlic, parsley, vinegar, oil and seasoning together. Add the beans and toss them in the mustard dressing.

Three-Bean Salad

6 oz/150 g red kidney beans
6 oz/150 g haricot beans
6 oz/150 g faba beans, dry
1 onion, chopped finely
oil and vinegar
black pepper and salt

Soak all beans overnight, cook and dry them. Mix the beans, add the chopped onion, oil and vinegar and season to taste with salt and pepper. Garnish with chopped parsley.

Four-Bean Salad

1 can chickpeas, drained
8 oz/227 g cooked fresh faba beans
8 oz/227 g soaked, cooked whole lentils
1 can red kidney beans, drained

Serves 6-8

Dressing:
½ cup vegetable oil
½ cup sugar
½ cup white vinegar
½ cup chopped onion
½ cup chopped celery
½ cup chopped green pepper

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

Faba Bean and Yoghurt Salad

1 lb/½ kg fresh faba beans in the pod
lemon dressing
salt and pepper
sugar
1 lettuce
4 oz/100 ml yoghurt
1 tbsp. chopped chives

Lemon dressing:

1 lemon
½ tsp. french mustard
salt and pepper
½ tbsp. sugar
6 tbsp. oil

Wash beans and, if tender enough, top and tail and slice in their pods into ½ lengths (otherwise remove beans from pods). Cook in a little boiling water until tender. Drain and toss hot beans in lemon dressing; allow to get quite cold, basting from time to time. Serve piled up on lettuce leaves topped with yoghurt. Garnish with lemon slices and a sprinkling of chopped chives.

Dressing:

Peel lemon thinly using potato peeler; snip peel into thin shreds; squeeze juice. Whisk or liquidize together lemon juice, mustard, sugar, salt, pepper and oil. Add shredded peel.

Faba Bean and Cucumber Salad

½ lb/250 g faba beans, fresh
1 large *or* 3 small cucumbers
fresh herbs

Dressing:

garlic
lemon juice
salt and pepper
oil

Shell the faba beans. Slice the cucumber into thin rounds or small cubes. Mix beans and cucumber, sprinkle with fresh herbs and season with dressing. If preferred mix with 1 pounded hard-boiled egg yolk, the chopped white and a little bit of milk.

Alternative: add a few shrimps for a light meal.

Courgette, Faba Bean and Tomato Salad

2 lbs/1 kg courgettes
1 lb/½ kg faba beans, fresh (weighed
after podding) *or* frozen
1 tsp. salt
1 lb/½ kg tomatoes
6 tbsp. French dressing

Slice the courgettes and put them in the pan with the faba beans. Cover with boiling water, add salt and boil for 3 minutes. Drain cooked beans through a colander and rinse with cold water to freshen. Skin the tomatoes (cover with boiling water, count 12 and replace with cold water to prevent them from softening). Peel and quarter the skinned tomatoes, then scoop out all the seeds (use them for soup or sauces). Add tomato to the other vegetables with French dressing and turn carefully to coat thoroughly.

Serves 14

French Dressing

¾ pint/375 ml salad oil
¼ pint/125 ml wine *or* cider vinegar
salt and freshly ground black pepper
1 tsp. Worcestershire sauce
1 tsp. french mustard

Lentil Salad I

1 cup lentils
½ cup French dressing
1 tsp. salt
½ tsp. freshly ground black pepper (or to taste)
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

Lentil Salad II

8 oz/225 g yellow lentils
2 tsp. salt
1 tbsp. plain flour
salt and freshly ground black pepper
4 tbsp. olive oil
1 small onion, finely sliced

Serves 4-6

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 ¼ 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.

Lentil Salad III

½ lb/450 g lentils, soaked overnight
(large dark brown ones)
salt
2-3 tbsp. finely chopped parsley

Dressing:

6-7 tbsp. olive or salad oil
juice 1½ - 2 lemons (or more)
1-2 garlic cloves, crushed (optional)
black pepper
½ tsp. ground coriander *or* cumin
(optional)

Drain lentils after soaking and boil them in a half-covered pan of fresh water until barely tender (¾-1½ 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:

1. Soften a finely chopped onion in about 6 tbsps. oil, add the lentils, the juice of 1 lemon, a crushed garlic clove and about 1 pint of water (but no salt). Simmer the mixture until tender (¾-1 hours), add water from time to time, if necessary. Towards the end of the cooking time season with salt and pepper and a little ground cumin or coriander (if liked). Cook for a few minutes longer and serve.

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

Lentil Crunch Salad

½ cup lentils
1 medium-crisp apple, diced
1 cup cauliflower, finely sliced
½ cup broken walnuts
mayonnaise
sour cream *or* lemon juice

Serves 6

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.

Good when served on rings of pineapple.

Chicken and Lentil Salad

½ lb/1 cup lentils
salt
¾ cup salad oil
3 tbsp. cider vinegar
½ tsp. tarragon
pepper
¾ cup thinly sliced green onions
1½ cup cut-up cooked chicken *or* turkey
Romaine lettuce leaves

Serves 6

Rinse and clean lentils. Bring to a boil the lentils, 1 tsp. 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 tsp. 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.

Lentil Surprise Salad

½ cup lentils
1 cup turkey *or* chicken, cubed
1 cup celery, finely chopped
1 cup heart of lettuce, shredded
½ cup chopped nuts (walnuts are good)

Dressing:

1 cup mayonnaise
¼ cup tomato ketchup
1 tbsp. lemon juice
1 tbsp. grated onion
½ tsp. salt

Lentil Sprout Salad

2 bunches fresh spinach, torn into pieces
1 large red apple, unpeeled, cored, quartered and sliced thinly
1 cup lentil sprouts
½ onion, sliced thinly
3 tbsp. olive oil
2 tbsp. lemon juice
1 tsp. fines herbes*
salt to taste

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, needle-like shoots should be ready for eating.

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

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.

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

Lamb, Chickpea and Broadbean Casserole (Dizi) (Iran)

6 oz/150 g dried faba beans
6 oz/150 g dried chickpeas
2 lbs/1 kg shoulder of lamb (and a few bones) in 1-inch pieces
1 lb/½ kg lamb shanks in 2-inch pieces
3 onions, quartered
salt and black pepper
one can (15 oz) of tomatoes *or* 1 lb/½ kg peeled and chopped tomatoes
juice of 1-2 lemons
1 tsp. turmeric
1 finely chopped onion

Serves 4

Soak faba beans and chickpeas overnight in cold water. Put the lamb in the bottom of a heavy casserole, then the quartered onions and top with the drained faba beans and chickpeas. Cover with water and season with salt and freshly ground black pepper. Bring to the boil quickly, and skim off any scum or foam. Reduce heat and simmer for 1½ hours. Add the tomato, lemon juice and turmeric, cover and simmer for about 1½ hours until the beans and chickpeas are tender but whole. Add more water if necessary; the ingredients should be covered with water throughout the cooking time. Adjust seasoning. Stir in the finely chopped onion before serving.

Chicken Chilli Casserole (*Iran*)

6 oz/150 g chickpeas
3 oz/75 g pearl barley
6 carrots
4 oz/100 g green beans
1 onion, chopped
3 tbsp. oil
2 tsp. chilli powder
¼ cooked chicken
salt and pepper

Souffle topping:

½ pint/250 ml thick white sauce
3 eggs, separated
1 oz grated parmesan cheese

Serves 6

Soak chickpeas overnight in water. The following day cook until tender. Soak the pearl barley separately and boil until cooked. Drain. Cook the carrots and green beans separately, drain.

Fry the onion and cooked green beans in oil for 5 minutes. Add chilli powder and stir for 1 minute. Remove the chicken flesh from the bone, chop and add to the mixture. Add the carrots, chickpeas, pearl barley and the salt and pepper. Bring to the boil and pour into a casserole.

Souffle topping:

Beat the white sauce, egg yolks and cheese together. Fold in the stiffly beaten egg white. Spoon over the chicken mixture. Bake at 400° (Mark 6) for 25-30 minutes.

Couscous I (North Africa)

1 roasting chicken, cut into large pieces
2 tbsp. cooking oil
½ lb/200 g onions, sliced
½ lb/200 g courgettes, sliced
½ lb/200 g carrots, diced
½ lb/200 g turnips, diced
1 tsp. curry paste
1 tsp. chilli powder
1 tsp. curry powder
1 tsp. ground ginger
½ tsp. saffron
1 oz/25 g flour
¾ pint/400 ml chicken stock
2 tbsp. tomato purée
1 can (16 oz/400 g) chickpeas
8 oz/200 g couscous
1 tbsp. raisins
1 tbsp. blanched split almonds
salt and black pepper

Saute the sliced onions with the chicken pieces in a large saucepan until brown. Add all the seasoning, spices and the flour, stir well. Pour on the stock, mixed with the tomato purée and bring to the boil. Add sliced courgettes, diced carrots, turnips and half the can of chickpeas. Simmer slowly for 1½ hours.

Boil couscous (as you do rice), drain well and pile into a neat mound. Soak the raisins in a little boiling water until swollen, sprinkle on top of the couscous with the almonds and the rest of the chickpeas. Serve with the chicken stew.

Variation: Instead of chicken, use 2 lbs/800 g of lean stewing lamb or a mixture of 1 lb/400 g lamb, ½ lb/200 g beef and half a chicken.

Couscous II

1 lb/500 g lamb, cubed
4 oz/100 g lamb fat from the tail, chopped
salt, to taste
½ tsp. black pepper
½ tsp. chilli pepper
1 tsp. hot sauce
1 onion, chopped
5 oz/125 g oil
2 tbsp. tomato purée
2 or 3 potatoes, whole
2 lbs/1 kg fresh faba beans
4 oz/100 g chickpeas, presoaked
2 small courgettes
2 turnips
4 artichoke hearts *or*
1 cardoon foot
1½ lbs/750 g couscous
1 oz/25 g butter
pinch of cinnamon
pinch of ground rose hips
salt, to taste

Coat the meat and fat with the salt, black pepper, chilli pepper and the hot sauce. In a couscous pan fry the chopped onion in oil for a few minutes. Add the tomato purée with a glass of water and cook for 15-20 minutes. Add the potatoes, faba beans, courgettes, turnips and artichoke hearts (or cardoon foot). Cover with water and bring to the boil.

Humidify the couscous by spraying cold water over it. Place in the "couscoussier" (pan with holes in it like a sieve which fits on top of the "couscous" pan) without pressing it down. Place the couscoussier on top of the couscous pan and steam the couscous for 30-40 minutes (from the time it begins to steam). Remove the couscoussier but leave the couscous on the heat. Cool the couscous down with cold water, drain it and pour it into a bowl or a tray. Separate each grain by lifting it with the back of a wooden spoon. Return the couscous to the couscoussier and replace on the couscous pan. Steam for a further half hour. Put the couscous into a serving dish.

With a ladle skim off the fat from the stew and add it to the butter, cinnamon and rose hips. Pour some of the liquid into the couscous and mix. Add the rest to the stew, mix well, adding more water to taste. Place in a separate serving dish. Leave it to rest a moment and serve.

Variation: Replace the lamb and lamb fat with a chicken, cut into pieces.

Chickpeas Catalan

1 lb/400 g chickpeas
1 large onion, chopped
1 carrot, sliced
1 stalk celery, diced
1 bacon bone with trimmings
bunch of herbs (parsley, thyme, bay leaf, garlic)
2 tbsp. cooking oil
1 sausage (a chirozo *or* any highly spiced continental boiling sausage)
1 small can tomato purée
salt and pepper
garlic and parsley for garnish
1 tbsp. olive oil

Soak the chickpeas overnight. Drain. Put them in a large saucepan with plenty of fresh water, the chopped onion, the sliced carrot and the celery. Add the bacon bone and the herbs tied up in a small piece of cotton. Add 2 tbsp. of oil to the cooking water. Bring the contents of the pan slowly to the boil (skim, if necessary) and boil gently over a very low heat for 2 hours. Add the sausage. Boil for another 2-3 hours until the chickpeas are tender. Drain the stock into a bowl, remove the herbs. Put the chickpeas, bacon, etc. into a casserole. Mix the tomato purée with the cooking liquor, pour over the chickpeas, mixing well, adjust seasoning. Cover the casserole and cook in a moderate oven 325°F (or Gas Mark 3) for 1-2 hours. Add more stock or boiling water, if necessary. A quarter of an hour before serving, stir in the finely chopped garlic and parsley and 1 tbsp. olive oil. Cut the sausage into chunks and cut the bacon off the bone. Serve with garlic bread.

Tripe with Chickpeas (Nohutlu Iskembe) (Turkey)

**½ lb/200 g chickpeas
1 sheep's tripe (about 1 lb/400 g)
2 strips of lemon peel
2 garlic cloves, crushed
2 medium onions, sliced
salt
4 oz/100 g butter
black pepper
paprika
chives, chopped**

Lemon and egg sauce (Terbiye)

**2 eggs
juice of 1 lemon
chicken stock
salt and pepper**

Soak the chickpeas overnight in cold water. The following day, drain and cover them in fresh water, bring to the boil and cook until soft. Wash the tripe, put it into a large saucepan, cover it with cold water, bring to the boil and drain immediately. Chop the tripe into small pieces and cover with fresh water. Simmer for 2 hours with lemon rind, crushed garlic and salt. When the chickpeas and tripe are tender, fry the sliced onions in butter until they are transparent, add the drained chickpeas, the tripe (with about 1 pint/450 ml of the cooking liquor), salt and plenty of freshly ground black pepper. Simmer for about 20 minutes. Serve hot with paprika and chives or a lemon and egg sauce.

Sauce:

Beat the eggs, then continue to beat while gradually adding the lemon juice. Season and add about 2 tbsp. stock (not boiling), mix well.

Lumpiang Ubod (Stuffed Pancake with Palm Hearts) (Philippines)

Lumpia Pancakes:

2 eggs
3 oz/75 g cornflour
½ pint/250 ml water
peanut oil

Filling:

2 tbsp. oil
1 garlic clove, crushed
1 small onion, thinly sliced
4 oz/100 g parboiled lean pork, diced
2 oz/50 g ham, shredded
4 tbsp. peeled chopped prawn
2 oz/50 g cooked chickpeas
8 oz/200 g ubod (coconut palm hearts),
shredded
6 oz/150 g french beans, shelled
1 carrot, shredded
12 oz/300 g cabbage, shredded
12 spring onions
salt and pepper
12 crisp lettuce leaves
12 lumpia pancakes

Lumpia Ubod sauce:

¼ pint (or more) chicken stock
2 oz/50 g sugar
2 tbsp. soya sauce
salt
1 tbsp. cornflour
3 tbsp. cold water
1-2 tsp. finely minced garlic

Pancakes: Separate the eggs and whisk the whites until very stiff. Fold into the lightly beaten yolks. Blend the cornflour with water, adding the water gradually to ensure smoothness. Stir thoroughly into the egg. Lightly brush the frying pan with oil and heat. Using 2 tbsp. of lumpia batter at a time, fry very thin pancakes. Tilt pan to spread the batter evenly, do not turn and do not allow the pancakes to color.

Filling: Heat the oil and lightly fry the garlic and onion until soft. Add the pork and ham, cook, stirring for a few minutes. Add prawns and chickpeas and cook a little longer. Stir in the ubod, beans, carrot and cabbage. Season with salt and pepper. Cover and simmer until the vegetables are just tender. Drain and cool. Wrap a portion of the filling and a spring onion in a lettuce leaf and then in a pancake. Serve with Lumpia Ubod sauce.

Sauce: Bring the stock to the boil with the sugar, soya sauce and salt. Blend the cornflour with the cold water and stir it into the stock. Simmer, stirring for 2-3 minutes, until the sauce thickens. Sprinkle the minced garlic on the top.

Chicken with Chickpeas (*Morocco*)

2 tbsp. corn oil
1 onion, finely chopped
1 tsp. turmeric
1 roasting chicken (about 4 lbs/2 kg)
½ lb/200 g chickpeas, soaked overnight
juice of 1 lemon or more, to taste
3 garlic cloves, crushed
salt
black pepper *or* a pinch of cayenne

Heat the oil in a large saucepan and fry the chopped onion until soft and golden. Stir in the turmeric. Add the whole chicken, turning frequently until yellow all over. Add a pint of water (just over ½ L), the soaked and drained chickpeas, lemon juice and garlic. Season with salt and black pepper (or cayenne). Bring to the boil, cover and simmer gently for about 1 hour until the chicken is tender and the chickpeas soft. Check the seasoning and serve jointed.

Shami-e Ard-e Nokhochi (Chickpea Patties) (*Persia*)

9 oz/225 g chickpea flour
1 teacup cold water
1 lb/400 g lean ground beef
2 large onions, grated
1 tsp. salt
¼ tsp. pepper
½ tsp. saffron
¼ tsp. cinnamon
¼ tsp. nutmeg
½ tsp. baking soda

Mix the chickpea flour with the water and add it to the meat together with the onions, salt, pepper, saffron, cinnamon, nutmeg and baking soda. Knead well and shape into patties, press a hole through the center of each to ensure even cooking. Fry the patties on both sides in butter until brown. Serve hot or cold.

Serves 4-6

Koofte-y Nokhochi (Chickpea Flour Meatballs) (*Persia*)

2 large onions
1 lb/400 g lean ground beef
1 tsp. salt
¼ tsp. pepper
12 oz/300 g chickpea flour
2 tbsp. butter
1 can chickpea broth
2 oz/50 ml lemon juice
3 tsp. sugar
½ tsp. saffron

Grate 1 onion and mix it with the ground beef. Add the salt, pepper and the chickpea flour. Work the mixture with the hands until smooth and elastic. Shape into large balls. Slice the other onion and sauté it in the butter until golden brown. Add the meatballs and sauté until brown. Add the chicken broth, lemon juice, sugar and saffron. Cover and simmer gently on top of the stove for 1 hour (or bake covered in the oven for 1 hour or more at 350°F, turn once).

Kobi Channa Dhal Curry (Cauliflower and Chickpea Curry) (*India*)

2 onions, finely chopped
2 oz/50 g fat
1 cauliflower, cut into flowerets
3 oz/75 g chickpeas
½ tsp. chilli powder
¼ tsp. ground turmeric
½ tsp. curry powder
2 tbsp. desiccated coconut
1 tsp. salt
juice of 1 lemon

Fry the onions in fat for about 5 minutes. Add the cauliflower and chickpeas (which have previously been soaked overnight and cooked until just tender) and all the spices along with the desiccated coconut and the salt. Pour in 1 teacup of water and cook gently until the cauliflower is cooked. Stir in the lemon juice.

Serves 6

Shami Kabab (*Pakistan*)

1 lb/400 g finely ground/minced beef
2 small onions, chopped
3 oz/75 g chickpeas, soaked overnight
4 cloves
4 cardamoms
8 black peppercorns
salt and pepper
1 egg, beaten

Serves 4

Mix the minced beef, chopped onions, soaked and drained chickpeas, cloves, the seeds from the cardamoms, peppercorns and salt. Put into a thick-based saucepan and cover with water. Bring to the boil and cook gently until the water has evaporated and the meat and chickpeas are tender. Add the beaten egg and pass the mixture through a mincer. Season to taste. When cool, mould into small flat cakes and fry until golden brown.

Chicken and Chickpea Curry (*India*)

3 oz/75 g chickpeas
1 small onion, chopped
1 garlic clove, crushed
4 cardamoms
4 cloves
a 2 inch/5 cm stick of cinnamon
2 oz/50 g ghee *or* butter
1 tbsp. curry paste
½ tbsp. ground almonds
1 chicken, jointed
3 fl. oz/75 ml thick coconut milk
juice of 1 lemon
salt

Soak the chickpeas overnight, drain and cook in fresh water until tender. Fry the onion, garlic, cardamoms, cloves and cinnamon lightly together in the ghee or butter. Add the curry paste and ground almonds. Mix thoroughly and cook for about 5 minutes. Add the jointed chicken and let it fry in this mixture for 15 minutes. Add the coconut milk and simmer, uncovered, until the chicken is tender. Add the chickpeas, lemon juice and salt (to taste). Simmer together for 5 minutes, serve.

Beef with Aubergines and Chickpeas (Egypt)

2 medium-sized aubergines
1 large onion, chopped
1 garlic clove, peeled and crushed
6 tbsp. olive oil
1 lb/400 g stewing beef *or* lamb, cubed
4 oz/100 g chickpeas, soaked overnight
salt and pepper
½ tsp. ground coriander
1 large can tomatoes
1½ pints/¾ L stock or water

Serves 4

Slice the aubergines, sprinkle with salt and let drain for 15-30 minutes. Meanwhile, fry the onion and garlic in 4 tbsp. of oil in a heavy saucepan until soft. Add the cubed beef and brown quickly. Stir in the soaked and drained chickpeas, salt, pepper and coriander. Mix together for a few minutes, pour in the can of tomatoes and simmer for 5 minutes. Stir in the stock or water, cover and cook in the oven at 325°F (Mark 3) for 2½ hours. Fry the aubergines lightly in 2 tbsp. of oil and add them to the stew 15 minutes before the end of the cooking time.

Variations:

1. Use 2 lbs/800 g courgettes instead of aubergines. Add the sliced courgettes about ½ hour before the end of the cooking time. Replace the can of tomatoes with 3-4 tbsp. tomato purée and spice the dish with 1 tsp. allspice (instead of ground coriander).
2. For a nice vegetarian mousakka leave out the meat and cut the aubergines in chunks rather than slices. Reduce the quantity of water used.

Kawarhn bi Hommos (Calf's Feet and Chickpeas) (Middle East, Spain and Portugal)

2 calf's feet
3 tbsp. oil
salt and black pepper
1 tsp. turmeric
½ lb/200 g chickpeas, soaked overnight

Garnish:

2 hard-boiled eggs, sliced

Wash and scrub the calf's feet thoroughly. Blanch them in boiling water until a scum has formed. Drain. Heat the oil in a large saucepan and fry the feet until browned. Add salt and pepper (to taste), turmeric and the soaked and drained chickpeas. Cover with water, bring to the boil and simmer gently until the meat is practically falling off the bone. Bone (if desired) and add the meat to the pan.

Variations:

1. Use pig's trotters instead of calf's feet.
2. It is sometimes served as a soup; increase the quantity of water and use only 1 calf's foot.
3. A Moroccan version (Hergma) is spiced with ½ tsp. ground ginger, 1 tsp. paprika and ½ tsp. cayenne (instead of turmeric). Add 4 oz/100 g of cooked rice at the end of the cooking time.

Riz bi Dfeen (Rice with Chickpeas)

1 lb/400 g lean beef or lamb, cubed
several bones from the meat
12 small white onions
3-4 oz/75-100 g butter *or* smee
3 oz/75 g chickpeas (soaked overnight)
1 pint/½ L meat broth
1½ tsp. salt
½ tsp. black pepper
1 tsp. ground cumin *or* cinnamon
6 oz/150 g rice (soaked for ½ hour)

Fry the meat and the onions together in butter until the onions are golden and the meat browned all over. Add the soaked and drained chickpeas and the meat broth to cover. Season with salt and pepper, add the cumin or cinnamon and simmer gently in a covered pan until the meat is tender and the chickpeas cooked (about 1 hour).

Drain the soaked rice. Check that there is about 2 cups liquid left in the cooking pan and adjust accordingly. Add the rice, mix well and simmer, covered, for about 20 minutes (add more water if necessary) until the rice is cooked. Turn off the heat and allow to rest a few minutes before serving.

Variations:

1. This can also be made without the meat.
2. Replace the rice with 4 oz/100 g of cracked wheat (previously browned in butter).

Faba Bean and Dill Weed Meatballs (*Iran*)

1 lb/½ g fresh faba beans, *or*
8 oz/250 g dried faba beans
4 oz/100 g rice
2 large onions
1 lb/½ kg ground beef
6-8 tbsp. dried dill weed, *or*
1 teacup fresh dill weed
2 eggs, beaten lightly
1 tsp. salt
¼ tsp. pepper
¼ tsp. cinnamon
2 tbsp. butter
1 can chicken broth
2 tbsp. water

If using fresh faba beans, boil them in salted boiling water (about 20 minutes). Drain and refresh with cold water, remove skins. If using dried faba beans, soak them overnight in cold water, then boil them in salted water until tender (about 1 hour). Boil the rice in salted water for 10 minutes. Drain and set aside. Grate one onion and mix it with the ground beef, peeled faba beans, rice, dill weed, beaten eggs, salt, pepper and cinnamon. Shape into balls.

Slice the remaining onion and sauté in the butter until golden brown. Add chicken broth and water. Bake, covered, in the oven at 350°F for about 1 hour, turning occasionally.

The meatballs can also be simmered in a covered saucepan for about 1 hour.

Faba Beans and Bacon (*England*)

1 lb/½ kg fresh faba beans, shelled
1 oz/25 g butter
1 small onion, chopped
3 rashers bacon, chopped
salt and pepper

Cook the faba beans until tender in boiling salted water, drain. Melt the butter in a saucepan and fry the chopped onion gently until it becomes transparent. Add the bacon pieces and fry until crisp. Add the beans, season with salt and freshly ground black pepper, stir for a few minutes. Serve.

Faba Beans with Lamb (Fuleeyee) (Syria)

½ lb/¼ kg lamb, cubed
2 oz/50 g butter
1 onion, diced
1 garlic clove, crushed
1 lb/½ kg fresh faba beans, shelled
½ pint/250 ml water
salt and pepper

Brown meat in the butter. Add onion and garlic and simmer until the onion is transparent. Add beans and water. Season to taste. Cover and cook for about 20 minutes until the beans are tender and the meat is cooked.

Serves 4

Mefarka

5 tbsp. oil
1 lb/½ kg fresh *or* frozen faba beans, shelled
½ tsp. dried thyme
salt and black pepper
1½ lbs/¾ kg beef, minced
1½ tsp. mixed spices (nutmeg, cinnamon, cayenne pepper and cloves)
3 eggs
juice of ½ lemon (optional)

Mix 3 tbsp. oil with about one teacup of water in a saucepan. Add beans and thyme, season with salt and pepper to taste. Simmer gently until the beans are tender, adding more water if necessary. Meanwhile, prepare the "tatbila" or meat mixture. Heat 2 tbsp. of oil in a deep frying pan or heavy casserole. Add the minced beef before the oil gets too hot. Add the mixed spices, salt and pepper and enough water to cover. Simmer until the meat is cooked and the water absorbed (the mixture should be quite dry).

Add the meat mixture to the beans and stir well, crushing lightly with a fork. Break the eggs into the pan and stir. Cook, stirring constantly until they are set. Cool in the serving dish, tasting to adjust the seasoning. Serve cold sprinkled with lemon juice.

Luxembourg Faba Beans

2½ lbs/1 kg smoked collar bacon
joint
1 bouquet garni*
1 small onion
parsley
½ tsp. dried savory
1 lb/450 g green shelled faba
beans, fresh *or* frozen *or*
two cans (10 oz/300 g) of green faba
beans
2 oz/50 g butter
2 oz/50 g onion, chopped
2 oz/50 g plain flour

Serves 4

* Bouquet garni:
1 sprig parsley
1 bay leaf
2 sprigs thyme
1 sprig marjoram

Tie in muslin or two thicknesses of
cheesecloth.

Cover bacon with cold water and soak
for 3 hours. Drain and place in a large
saucepan. Cover with fresh water and
slowly bring to the boil. Drain and
refresh with cold water, add the
bouquet garni, peeled and quartered
onion, parsley and savory. Cook for 65
minutes. Meanwhile cook the beans in
boiling salted water for 10 minutes.
Drain and reserve the cooking liquor.
Heat the butter in a small saucepan.
Add the chopped onion and fry gently
until soft. Mix in the flour. Cook for 2
minutes until golden, then blend in 1
pint/500 ml of the bean water (or the
water drained from the cans of beans
and bacon water) and stir sauce over
low heat until it thickens. Add beans
and cook for 5 more minutes until
heated through.
Serve the bacon in fairly thick slices
with the beans.

Mhammas bi Khodra (Pasta with Vegetables) (*Tunisia*)

4 oz/100 g chickpeas
4 oz/100 g faba beans
1 onion, sliced
3 fl oz/75 ml olive oil
6 oz/150 g dried octopus, chopped
1 oz/25 g parsley, chopped
1 oz/25 g celery
4-5 carrots, chopped
3-4 turnips, chopped
half a medium-sized cabbage, chopped
2 tbsp. tomato purée
½ tsp. hot sauce
salt
½ tsp. chilli powder
1 lemon
1 lb/500 g pasta

Soak the chickpeas and faba beans in cold water overnight. Next day, fry the onion in hot oil until brown. Add the octopus pieces, add the soaked chickpeas and faba beans, the chopped parsley, celery, carrots, turnips and the cabbage. Mix in the tomato purée, hot sauce, salt and chilli pepper. Simmer in 1½ pints/1 L water until the vegetables are cooked. Pour over another ¾ pints/½ L of water, bring to the boil, add the pasta and cook until tender (15-20 minutes). Sprinkle with lemon juice before serving.

Faba Beans with Ham

¼ lb/100 g lean ham, diced
2 tbsp. oil
1 garlic clove
1 small onion, chopped finely
2 lbs/1 kg fresh faba beans, shelled
½ pint/250 ml tomato juice
1/8 tsp. dried basil
salt and pepper

Fry ham in oil with a whole garlic clove and the finely chopped onion for 5 minutes; remove garlic. Combine the shelled beans and tomato juice in a saucepan with a tightly fitting cover, season with basil, salt and pepper. Cover and simmer for 1½ hours or more until the beans are very tender. Add more tomato juice, if necessary.

Serves 8

Faba Beans - German Style

2 lbs/1 kg fresh faba beans
1 chicken stock cube
2 oz/50 g streaky bacon, diced
2 onions, chopped
3 tbsp. plain flour
1 tbsp. parsley, chopped
salt and pepper
pinch of grated nutmeg
½ pint/250 ml single cream

Serves 4

Shell the beans and cook them in boiling, salted water until tender. Reserve ½ pint/250 ml of the cooking liquor, topping up with extra water if necessary. Dissolve the stock cube in it. Fry the diced bacon and chopped onion gently together in a saucepan for about 10 minutes. Remove from heat and stir in the flour. Gradually stir in the stock. Return pan to the heat and cook gently for about 5 minutes, stirring constantly until sauce thickens. Remove from heat and season to taste with salt, pepper and nutmeg. Stir in beans and cream and heat gently for 5 minutes more, stirring. Serve garnished with chopped parsley.

Chilli con Carne* (*Mexico*)

1 lb/½ kg ground/minced beef
1 large onion, chopped
1 garlic clove, crushed
1 green pepper, de-seeded and chopped
1½ lbs/¾ kg small faba beans, soaked
2½ lbs/1 kg tomatoes, skinned, chopped *or* 1 large can of tomatoes
½ pint/250 ml tomato juice
2 beef stock cubes
½ tsp. basil, oregano, cumin, thyme
1 tbsp. chilli powder

Brown the beef in a little oil, add the onion, garlic and green pepper and stir for a few minutes. Add the rest of the ingredients and salt to taste, simmer, covered, for 1 hour, stirring occasionally. If dry, add a little coffee.

*This dish is normally made with red kidney beans; however, faba beans make an interesting substitute.

Harira (*North Africa*)

2 oz/50 g chickpeas
2 oz/50 g lentils
4 oz/100 g lean lamb
1 medium onion, chopped
2 tbsp. oil
1 tbsp. chopped parsley
1 tbsp. paprika
pinch of saffron powder
1 lb/½ kg tomatoes
6 pints/3 L water
salt and ground black pepper
juice of 1 lemon
2 oz/50 g long grain rice
2 oz/50 g plain flour

Serves 8

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 1½ 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.

Chilli Lentils

1 cup lentils
1 lb/½ kg ground/minced beef
1 large onion, finely chopped
1 garlic clove
1 can (16 oz/500 ml) tomatoes
1 tbsp. chilli powder
1½ tsp. salt
1 tsp. ground oregano

Serves 8

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

Adas Polo (Rice with Lentils) (*Iran*)

2 tbsp. butter
1 lb/½ kg lamb *or* beef cut in 1" cubes
1 medium onion, finely chopped
½ tsp. salt
¼ tsp. pepper
¼ tsp. nutmeg
½ tsp. cinnamon
½ cup raisins
2½ cups rice, soaked overnight
¾ cup lentils
4 pints/2 L water
½ cup butter (melted)

Melt 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 lukewarm water and then soak in cold water to cover with 1½ tbsp. of salt. Soak overnight if possible (but otherwise for at least 2 hours). Boil 4 pints/2 L of water with 2 tbsp. 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 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 mound 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 toweling over the pot. Cover and put 2-3 dishtowels on the lid. Cook for 10-15 minutes over medium heat, then turn to 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.

Aubergine Koresh (*Iran*)

2 aubergines, sliced
salt
1 large onion
2 tbsp. butter *or* oil
1 lb/½ kg lean stewing beef *or* lamb,
cubed
2 oz/50 g brown lentils *or* yellow split
peas, previously soaked
salt black pepper
½-1 tsp. turmeric (optional)
½ tsp. ground cinnamon (optional)
¼ tsp. grated nutmeg
2 tbsp. dried crushed mint
1-2 garlic clove, crushed

Sprinkle aubergine slices with salt, leave to drain in a colander for at least ½ hour. Chop onion finely and set aside 1 tbsp. for garnish. Fry remainder in butter or oil until soft and golden. Add meat and brown. Add drained lentils, cover with about 1 pint/500 ml water. Season with salt and pepper, simmer until the meat is tender and the lentils are soft. Add turmeric for color and a little cinnamon and nutmeg. Rinse the aubergine slices, pat dry and saute in 2 tbsp. butter or oil until soft and golden. Add to stew and cook for 15 minutes longer.

Garnish: fry the reserved chopped onion in a little butter or oil until soft, add the dried mint and garlic, and fry for 1 minute longer. Serve with rice.

Variations:

1. Use chickpeas instead of lamb or beef.
2. Use 1 lb/½ kg whole courgettes instead of aubergines.
3. Add the juice of 1 lemon and ½ lb/200 g skinned and chopped tomatoes or 3-4 tbsp. tomato concentrate.

Dhan Sak (Dhal Medley) (*Parsi, India*)

18 oz/1½ kg lamb
4 tbsp. pigeon peas
2 tbsp. red lentils
2 tbsp. whole black lentils
1 tbsp. mung beans
1 tbsp. chickpeas
1½ oz/45 g pumpkin, peeled
1 medium onion, peeled and chopped
1 medium potato, peeled and chopped
2-3 tomatoes, chopped
1 tsp. coriander leaves, chopped
2 green chillies, chopped

Ground ingredients:

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

Wash and cut the lamb into large bite-sized pieces. Boil water, add the peas, lentils and beans (washed and drained), 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 dhal. Simmer over a low heat for 10 minutes, add lime or lemon juice. Serve with fried brown rice.

Variation: Instead of bean mixture, use 6 tbsp. pigeonpeas and 3 tbsp. lentils.

Lentil Pierogi (*Poland*)

150 g lentils
salt and pepper
1 medium onion, sliced
cooking oil
100 g ground pork or beef (optional)

Dough:

350 g/about 2½ cups flour
1 egg
125-250 ml water
salt

Soak the lentils overnight in cold water. Add salt and boil until tender, adding a little water if necessary. Cool and mash or crumble with a fork. Fry the sliced onion in a little oil and mix into the lentils with salt and pepper to taste. Add boiled ground pork or beef. Mix dough, then cook pierogis by plunging a few at a time into boiling water. After they have floated to the surface, cook them for an additional 2-3 minutes. Drain and cook the next batch. Rinse pierogis in hot water so they do not stick together. Serve hot with fried onions, bacon and/or cream, or in soup such as borscht. To reheat, fry in oil or bake.

Dough: Mix flour and egg, add water until it is the correct consistency for rolling (adding more flour if it is not firm enough). Roll out thinly and cut the dough in small circles using a glass. Put a small spoonful of the lentil mixture into the middle of the circle and fold it in half, making sure the edges are well stuck together.

Pintade aux Lentilles (*France*)

1 guinea fowl (about 1 kg)
3 tbsp. unsalted butter
2 tbsp. chicken dripping or oil
1 lb/½ kg lentils, washed
1 large onion
bouquet garni*
salt, freshly milled black pepper
6 fl oz/150 g clear chicken stock

Sauce:

4 oz/100 g pork breast, lightly salted
2 tbsp. chicken dripping
1 large onion, finely chopped
1 cup chicken stock
1 cup concentrated veal stock flavored
with tomato

Serves 2

* Bouquet garni:

1 sprig parsley
1 bay leaf
2 sprigs thyme
1 sprig marjoram

Tie in muslin or two thicknesses of
cheesecloth.

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 minutes, then rinse with cold water, drain and wipe dry. Sauté them with chicken dripping and when soft but barely having changed color add the onion. When the onion begins to turn golden, deglaze the juices with the chicken stock, and add the tomato-flavored 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.

Bacon and Lentils (*France*)

1½ lbs/700 g farmhouse bacon
bacon drippings
12 small onions
black pepper, seasoning
1 lb/½ kg brown lentils
1 carrot
1 stick celery
bunch fresh herbs
2-3 garlic cloves, crushed
parsley, chopped
hard-boiled eggs, halved

Serves 6

Put farmhouse bacon into a saucepan, cover it with cold water, bring to a 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 ground black pepper seasoning. When the onions begin to brown, add brown lentils, a carrot cut in two, a stick of celery, a bunch of fresh herbs tied together and 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 a serving dish with a lump of butter stirred in, arrange the bacon in slices around. Garnish with parsley and hard-boiled eggs.

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/½ kg pork shoulder, diced
3 tomatoes, skinned and chopped
6 oz/150 g red lentils, soaked
2 tbsp. tomato purée
bay leaf and 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 ¾ pint/350 ml water. Cover and simmer gently for about 1½ hours until tender, then serve. Serves 4

Perdrix à la Purée de Lentilles (*France*)

6 partridges
3-4 oz/75-100 g butter
1 large onion, sliced
2 carrots
1 cup white wine
seasoning

Lentil purée:

1 lb/½ kg brown lentils
1 onion
2 garlic cloves
2 carrots
salt

Clean and truss six partridges, put them into a pan just large enough for them, add butter, a large sliced onion and 2 carrots in rounds. When the birds have taken color 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 the 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 purée with half the sauce from the partridges. Cook until the purée is smooth and the right consistency.

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

Ranch Style Lentil Casserole

2 cups lentils
1 lb/½ kg ground/minced beef
1 packet onion soup mix
½ cup 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 ½ hour at 400°F. Freezes well. Good for barbecues.

Serves 8

Rabbit Moutarde

1 good rabbit (about 1½ lbs/600 g)
4 oz/100 g green streaky bacon *or*
pickled pork in one piece
1 oz/25 g ham fat, butter or dripping
6 medium onions, quartered
scant 1 oz/25 g flour
1-1½ pints/600-900 ml stock
salt, freshly ground black pepper
2 tbsp. french mustard
bouquet garni*
2½ fl oz/50 ml cream
2 tbsp. chopped parsley

Lentil Purée:

1½ cups brown lentils
1 onion stuck with a clove
1 carrot, cut in thick rounds
3-4 tbsp. good stock
2 oz/50 g butter
bouquet garni*

* Bouquet garni:

1 sprig parsley
1 bay leaf
2 sprigs thyme
1 sprig marjoram

Tie in muslin or two thicknesses of
cheesecloth.

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 colored. 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 purée, separately. Wash the lentils and soak in tepid water for 2 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 purée, remove from heat, and beat in the butter and a little pepper.

Bacon and Lentil Casserole

½ lb/200 g streaky bacon
2 medium carrots, sliced
1 medium onion, sliced
2 medium potatoes, diced
3 stalks celery, chopped
½ oz/15 g margarine
4 oz/100 g lentils
1 level tsp. salt
pepper
2 level tsp. cornflour

Serves 4

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/500 ml water, salt and a shake of pepper. Bring to boil then place in a casserole. Cover and cook in the center of the oven for 1 hour until the lentils are cooked. Blend cornflour with 1 tbsp. of water and stir into the lentil mixture. Return casserole to the oven for 5 minutes.

Lentils and Sausage

2 cups lentils
2 onions, sliced
salt and pepper to taste
bouquet garni (optional)
1 lb/½ kg pork sausage meat

Serves 8

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).

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. In a mortar, pound some pepper, cumin, coriander seeds, mint, rue and 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 adaptation:

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.

Vegetable Shrimp Dish

1 cup lentils
2 cans shrimp, drained
1 can asparagus spears, drained
½ tsp. onion salt
2 cans cream of chicken soup

Clean, cook and drain lentils. Combine with 1 can of shrimp, salt and chicken soup. Spread half of the mixture in a well-oiled glass baking dish. Top with the asparagus and the rest of the lentil mixture. Garnish with the second can of shrimp. Bake at 375°F for 25 minutes.

Lentils and Anchovies

½ lb/200 g brown lentils
1 onion, coarsely chopped
1 small can anchovy fillets
2 garlic cloves
3 oz/75 g butter
salt and black pepper
4 hard-boiled eggs (optional)

Serves 4

Soak the lentils in cold water for 1-2 hours. Clean, 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/25 g butter over 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.

To reheat, add a little more butter, cover dish and put in oven (gas 3, 325°F, 150°C) for half an hour.

Creamed Tuna and Lentil Casserole

1 cup lentils
1 can cream of mushroom soup
½ cup sour cream
1 can tuna, flaked
¼ tsp. onion salt
pepper
2 hard-boiled eggs, sliced

Cook and drain the lentils; mix with the other ingredients. Garnish with the hard-boiled eggs. Bake at 350°C until heated through.

Serves 4

Lentil and Tuna Supper

1 cup lentils
8 oz/200 g frozen mixed vegetables
1 packet onion soup mix
2½ cups water
1 tsp. salt
1 can (7 oz/175 g) 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 low heat for 15 minutes. Serves 6.

Crab and Lentil Casserole

1 cup lentils
1 can crab, rinsed
1 can cream of mushroom soup
½ cup evaporated milk
1 cup celery, finely chopped
½ cup 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°C for about 35 minutes until the topping has browned slightly and the casserole is bubbling.

Serves 5-6

Roz bi Shaghria (Rice with Vermicelli)

¼ lb/100 g chickpeas, soaked overnight
¾ lb/300 g rice
1 onion, finely chopped
3 oz/75 g butter
2 tbsp. oil
6-8 oz/150-200 g vermicelli, broken
into small pieces

Drain the soaked chickpeas and cook. Wash the rice in boiling water, rinse in cold water and drain well. Fry the onion in a mixture of the butter and oil using a heavy saucepan. When the onion is golden and transparent, add the vermicelli and fry until lightly colored. Add the rice and stir over moderate heat until the grains are transparent and coated in fat. Add water to cover, also salt. Bring to the boil and simmer gently, tightly covered, until the water is absorbed and the rice cooked. Mix in the drained, cooked chickpea and heat through. Serve with yoghurt and cucumber salad.

Tuoni e Lampo (Chickpea with Pasta) *(Italy)*

The name Tuoni E Lampo means Thunder and Lightning, which supposedly refers to the aphrodisiac qualities of chickpeas.

8 oz/200 g chickpeas
8 oz/200 g thin macaroni
4 tbsp. olive oil
2 garlic cloves, crushed
salt and pepper

Soak the chickpeas overnight. The following day cook them until tender, drain and keep warm. Cook the macaroni in boiling salted water, then drain. Heat the olive oil in a large saucepan, add the garlic, chickpeas and pasta. Season well with salt and freshly ground black pepper and mix until well covered with the oil. Serve sprinkled with grated Parmesan cheese.

Chickpea and Mushroom Flan

6 oz/150 g shortcrust pastry
1 oz/25 g butter
1 onion, peeled and sliced
1 large garlic clove, crushed
4 oz/100 g button mushrooms, wiped
and sliced

Filling:

4 oz/100 g chickpeas, soaked, cooked
and drained
1 tbsp. chopped parsley
salt
freshly ground black pepper
1 egg
¼ pint/125 ml milk with a little cream
3 oz/75 g grated cheese

Preheat the oven to 425°F (Mark 7), roll out the pastry and line an 8"/20 cm flan dish; prick the base and bake in the oven for 15 minutes.

Meanwhile, make the filling by melting the butter in a saucepan and frying the onion and garlic until tender but not browned; add the mushrooms and cook for another 3-4 minutes. Stir in the cooked chickpeas and the chopped parsley. Beat the egg and creamy milk together in a bowl, add the chickpea mixture and season well. Pour the mixture into the hot flan case, scatter the grated cheese over the top. Bake the flan in the preheated oven (425°F or Mark 7) for 40-50 minutes until set and golden.

Channa Sabat (Whole Chickpeas) (India)

1 lb/400 g chickpeas, soaked overnight
and cooked
2 tbsp. oil
2-3 medium onions, chopped finely
10-14 garlic cloves, crushed
2 pieces fresh ginger, crushed
1 green pepper, chopped finely
2 tsp. ground cumin
2 tsp. ground coriander
2 tsp. hot Madras curry powder
1 tsp. chilli powder (or to taste)
2-3 tomatoes, peeled and chopped
½ tsp. salt
3 tbsp. chopped parsley or coriander

Heat the oil and add the chopped onion, fry until beginning to brown, add the garlic, ginger and green pepper. Fry gently for 3-4 minutes. Add the cumin, coriander, curry powder, chilli powder, salt, the tomatoes and 1 glass of water. Simmer together for about 25 minutes, adding more water if necessary. Add the cooked chickpeas and simmer together for another 15 minutes, making sure the mixture does not become too dry. Stir in the chopped parsley (or coriander) and serve.

Chickpea Casserole

8 oz/200 g dried chickpeas *or* one 16-oz/400-g can chickpeas
1 garlic clove, crushed
1 medium onion, chopped
1 lb/400 g tomatoes *or* equivalent canned
8 oz/200 g cabbage, shredded
½ green pepper, chopped
½ tsp. ground ginger
pinch ground cloves
1 tsp. salt
freshly ground black pepper
2 fl oz/50 ml water *or* vegetable stock

Soak dried chickpeas overnight in cold water. The following day simmer in fresh water until tender. Fry the garlic, onion, tomatoes, cabbage and green pepper in oil. Season with ginger, cloves, salt and freshly ground black pepper. Add drained chickpeas (either canned or cooked, dried ones) and water or vegetable stock. Place in a buttered casserole and cook in a moderate oven (350-375°F, gas Mark 4-5) for 20-30 minutes. Serve hot.

Serves 4-6

Chickpeas

8 oz/200 g chickpeas
2 oz/50 g margarine
1 medium onion, chopped
½ tsp. turmeric
1 tsp. cumin seeds
1 tsp. mustard seeds
2 tbsp. coconut
2 green chillies, chopped
salt

Soak the chickpeas overnight, drain and grind them coarsely. Melt the margarine and fry the onion until golden. Add turmeric, cumin and mustard. When the mustard seeds burst, add ground chickpea and fry. Cover and cook over low heat for 10 minutes. Add coconut and chillies, cover and cook for 5 minutes. Stir in salt. Serve.

Chickpea Patties

8 oz/200 g chickpeas
1 pint/½ L ham or bacon stock
1 onion, finely chopped
1 oz/25 g butter
2 tbsp. chopped parsley
salt and black pepper
1 large egg, beaten

Soak the chickpeas overnight in cold water, drain and put them into a saucepan with the stock. Bring to a boil, cover and simmer over a low heat for about 2 hours. Drain and purée coarsely in a grinder or a liquidizer. Fry the chopped onion in butter over low heat for about 5 minutes until transparent and beginning to color. Blend with the chickpea purée and the chopped parsley. Season to taste with salt and pepper and bind with beaten egg. Spread the mixture on a flat plate and divide into eight equal portions. Roll each portion into a ball between flowered hands, then flatten it into a round patty shape. Chill in the fridge for about 30 minutes (or until set). Heat the fat over a moderate heat and fry the patties until golden brown on both sides, turning once. Drain on absorbent paper. Serve.

Garbanzos (Chickpeas or Ceci Beans) (*Spain*)

1 lb/500 g chickpeas
pinch salt
butter
pinch of pepper
pinch of paprika

Soak peas overnight with a pinch of salt, drain and put into a pan of boiling water. Boil for 10 minutes, then simmer for 3 hours. Drain and serve hot with salt, pepper and paprika and a knob of butter stirred in.

If served cold, serve with an oil and vinegar dressing. Chickpea salad is also made this way in the Middle East.

Chickpea and Potato Stew

8 oz/200 g chickpeas
2 oz/50 g cooking fat
2 tsp. salt
2 large potatoes
1 onion, chopped finely
¼ tsp. ginger
½ tsp. garam-masala
¼ tsp. turmeric
3 large tomatoes, cut up

Soak the chickpeas overnight in ¼ pint/125 ml hot water. The following day drain, cover with fresh water, and boil until tender. Drain and mash. Heat ½ oz/15 ml cooking fat and fry the mashed chickpeas and salt. Simmer until dry. Meanwhile, peel the potatoes, cook them for a few minutes and cut into squares. Heat the rest of the fat and fry the onion and spices together until the onion has started to color. Add the tomatoes, potatoes and some hot water. Simmer until the potatoes are cooked. Add the mashed chickpea and shake the pan so the chickpeas mix with the other ingredients. Simmer for another 5 minutes. Serve.

Vegetarian Cottage Pie

4 oz/100 g chickpeas, soaked overnight
1 tbsp. cooking oil
½ lb/200 g mushrooms, carrots, onion
and any other vegetable
1½-2 lbs/¾-1 kg cheese potatoes
peanut butter
margarine

Cheese potatoes:

1½-2 lbs/¾-1 kg potatoes
3 oz/75 g cheddar cheese, grated

Boil the chickpeas until tender. Meanwhile gently fry in a little oil the carrot, onion, mushrooms or whichever vegetable you are using. Drain off any excess oil and turn the vegetables and cooked beans into a large casserole. Cover with cheese potatoes then spread salted peanut butter over the top and dot with margarine. Heat quickly in a hot oven.

Cheese Potatoes:

Boil potatoes in salted water until cooked. Drain well, then mash with cheese. Season with salt and pepper.

Falafel (Egypt)

1½ pints/¾ L water
¾ lb/300 g chickpeas
1 large onion, finely chopped
2 fl oz/50 ml lemon juice
1½ tsp. baking powder
2 tsp. salt
¼ tsp. pepper
2 garlic cloves, crushed
2 tbsp. finely chopped parsley
1 tsp. ground cumin
2 tsp. ground coriander
pinch cayenne pepper
vegetable oil

Yoghurt sauce:

12 fl oz/300 ml yoghurt
1 tsp. salt
2 tbsp. finely chopped parsley

Serves 4 (makes about 32 cakes)

In a medium saucepan bring water and chickpeas to boil over a moderate heat. Boil for 2 minutes. Remove from heat, let beans soak for 1 hour and drain (or soak chickpeas in cold water for 8-24 hours in a cold place and then drain). Mince the chickpeas twice with the finely chopped onion or liquidize. Put the ground mixture into a medium-sized cooking pan and add the remaining ingredients (except the oil) and mix well. Chill for up to 24 hours in the refrigerator. Shape level tablespoons of the chickpea mixture into flat cakes (can be done ahead). Pour oil into a deep-fryer or saucepan until 2 inches/5 cm deep, heat to a temperature of 325°F. Add chickpea cakes gently. Cook for 4-5 minutes, turning once (low heat if browning too quickly). Remove and drain on paper towels. Serve with yoghurt sauce.

Yoghurt sauce:

Mix yoghurt and salt in a small bowl. Pour into a serving bowl and sprinkle with parsley. Serve at once or chill until needed.

Tis'ieh (Chickpeas with Bread and Yoghurt) (Syria)

A famous Damascus specialty, often served for breakfast.

200 g dried chickpeas
100 g bread
450 g yoghurt
4-6 garlic cloves
1 lemon
salt
olive oil

Garnish

25 g pine nuts
sumac (red pepper powder)
ghee (clarified butter) *or* butter
pomegranate seeds (optional)
chopped parsley (optional)

Clean chickpeas and soak overnight in water. Cook chickpeas in lots of water until tender, remove them from the heat and add to the water the juice of one lemon and 2-3 crushed garlic cloves. Add salt to taste.

Chop the bread into croutons and fry in olive oil. Drain on paper towels. When dry, place the fried bread in a large flat serving dish, spoon on the cooked chickpeas and a little of the cooking water to cover the bottom of the dish. Mix the yoghurt with the remaining 2-3 crushed garlic cloves, add a little more of the cooking water, and spread the mixture over the bread and chickpeas with a spoon.

Fry the pine nuts in ghee or butter until golden. Remove from heat, add a little sumac for color, and pour over the tis'ieh for garnish. Add parsley and pomegranate seeds, if desired. Serve immediately.

Variations:

1. Use Arabic or Pita bread instead of croutons. Crisp it in the oven before serving.
2. Add chopped mint to the yoghurt mixture.

Faba Bean and Artichokes I (*Sicily*)

12 oz/350 g faba beans, unshelled
12 oz/350 g peas, unshelled
4 small fresh *or* canned artichokes
4 tbsp. lemon juice.
2 tbsp. oil
1 small onion, chopped
4 tbsp. water *or* white stock
salt and pepper
pinch of grated nutmeg
10 leaves of fresh mint

If serving cold:

½ tsp. sugar
2 tsp. vinegar

Shell the beans and peas. If using fresh artichokes clean them, cut them into eighths and place in a saucepan of boiling water to which the lemon juice has been added. Cook for 5 minutes.

Heat the oil in a saucepan or casserole, add the chopped onion and cook until transparent. If using fresh artichokes drain well and add to the pan. Cook for a few minutes, add the water or stock. Add the beans, peas, salt, pepper and nutmeg. Cover the pan and simmer gently for 30 minutes. If using canned artichokes, drain and cut into eighths. Add to pan and continue cooking for 10 minutes. Stir in mint (some whole leaves and some chopped) and cook for 5 more minutes. Serve warm or cold. If serving this dish cold, a few minutes before the end of cooking time, add sugar and vinegar with the mint. Stir well, then transfer to a serving dish and leave until cold. Refrigerate for 30 minutes before serving.

Faba Bean in Egg Custard (*Scandinavia*)

1 lb/½ kg fresh faba beans
3 eggs
1 pint/600 ml milk
1 tbsp. chopped parsley
salt and pepper

Serves 4

Boil the faba beans in salted water until tender. Drain and put in a pie dish. Beat the eggs and milk together, add the chopped parsley and season to taste. Pour over the beans. Cook in a moderate oven (350°F) for about 20 minutes, until the custard is browned on top.

Faba Beans and Artichokes II (Greece)

2 lbs/1 kg faba beans
8 artichoke bottoms
1 tbsp. olive oil
½ tbsp. cornflour (cornstarch)
juice of 1 lemon
2 tbsp. chopped parsley
salt and pepper

Serves 6-8

Cook the faba beans and artichokes separately (or use canned artichokes). Strain and reserve 2 tbsp. of the cooking water. Heat the oil in a saucepan, stir in the cornflour, bean water, lemon juice, parsley and seasoning. Simmer for 3 minutes more. Add the beans and artichokes and heat through gently.

Serve as an hors d'oeuvre or as a vegetable with roast lamb.

Variation: Add ½ lb/250 g of chopped onion; fry it in the oil until transparent before adding the cornflour.

Faba Beans Béchamel

2 lbs/1 kg young fresh faba beans with pods, *or*
2 lbs/1 kg fresh shelled beans
2 oz/50 g margarine *or* butter
1 onion, finely chopped (optional)
2 oz/50 g flour
1 pint/500 ml milk, bean water *or* stock
¼ tsp. dried savory *or* fresh sprigs
1 tsp. Marmite *or* yeast extract
salt

Cook the beans in boiling salted water until just tender, then drain. Melt the margarine or butter in another saucepan, add the peeled and chopped onion, if used, and stew until golden brown. Add the flour and cook for a few minutes, stirring all the time, then gradually add the milk, bean water or stock; also add the savory, Marmite or yeast extract and salt. Add the beans and stir until evenly covered with the sauce, heat up and serve.

Syrian Faba Beans

1 onion, diced
1 garlic clove, chopped
oil
1 lb/½ kg faba beans, fresh
2 tbsp. coriander *or* parsley,
chopped salt
8 fl oz/200 ml water

Brown onion and garlic in oil. Add faba beans, coriander, salt and water. Cook until the beans are tender. Drain and serve.

Serves 4

Burghul Zari (*Tunisia*)

8 oz/200 g large, dried faba beans
6 oz/150 g burghul (ground wheat)
4 fl oz/100 ml olive oil
2 tbsp. tomato purée
½ tsp. chilli pepper
3 (or more) garlic cloves
1 tsp. hot sauce
½ tsp. powdered cumin
salt
1 lemon

Soak the beans overnight in cold water. The following day mix the burghul, oil and beans together and put into a saucepan with enough water to well cover. Cook for about an hour and a half. Add the tomato purée, chilli pepper and the whole cloves of garlic. Cook for a little longer. When the beans are tender, crush them with a wooden spoon. Add the hot sauce and the powdered cumin. Mix, add salt to taste and the juice of the lemon. Serve hot.

Faba Beans with Basil

2 tbsp. olive oil
1 onion, sliced
2 lbs/1 kg faba beans, shelled
salt and pepper
3 stalks celery, sliced thinly
1 garlic clove
1 tsp. basil

Fry the sliced onion in oil, add the beans and stir for a couple of minutes, then add the rest of the ingredients with enough water to cover the bottom of the pan. Cover the saucepan and simmer for about 20 minutes until the beans are tender. Serves 8.

Ful Medamas

This is the 'national' dish of Egypt but it is also common in other Middle Eastern Countries.

1½ lbs/¾ kg faba beans, small, dry and soaked overnight
1½ tbsp. ground cumin
4-6 garlic cloves, peeled and crushed

Garnish:

4 hard-boiled eggs (warm)
juice of 2 lemons
4 onions, chopped
chopped tomatoes
olive oil
salt and pepper

Cover the soaked and drained beans with about 2 inches/5 cm of water, add the cumin, garlic and some pepper and bake in the oven at 300°F for about 3 hours until the beans are soft and the sauce is thickened.

Serve garnished with crumbled eggs, lemon juice, onions, chopped tomatoes, olive oil and red pepper. Eat with Arabic (or pita) bread.

Can also be eaten cold with yoghurt and french dressing.

Faba Bean Pie (*New Zealand*)

2 lbs/1 kg young fresh faba beans
1 large onion, chopped finely
½ tsp. dried sage
¼ tsp. Marmite *or* yeast extract
3 tbsp. whole wheat flour
2 tbsp. milk
2 egg yolks, well beaten
2 tbsp. grated cheese
2 oz/50 g fresh whole wheat bread-crumbs

Cook the beans, onions and sage in a little water. When the beans are nearly cooked add the Marmite or yeast extract to remaining water. Turn into a greased pie dish.

Mix the flour with milk (until it is smooth), add the egg yolks and cheese and stir well. Spread the mixture over the beans, sprinkle the breadcrumbs over and bake in a moderate oven (350°F) for 30 minutes.

Serves 4

Faba Beans in Poulette Sauce

2 lbs/1 kg faba beans, shelled
1 oz/25 g butter

Poulette sauce:

3 open mushrooms
1 small onion
½ bay leaf
¾ pint/300 ml chicken stock
½ oz/15 g butter
½ oz/15 g plain flour
2 egg yolks
juice ½ lemon
3 tbsp. double cream
parsley, chopped

Cook beans in boiling salted water until tender. Toss in the melted butter and keep warm.

Sauce: finely chop the mushrooms and onion and put into a saucepan with a bay leaf and the stock and simmer for 10-15 minutes. Strain, reserve the cooking liquor.

Melt the butter in a saucepan, stir in the flour and cook for 1 minute, stirring all the time. Remove from heat, and blend in the reserved cooking liquor. Return the pan to the heat and bring to the boil, stirring. Simmer for a few minutes.

Mix together the egg yolk, lemon juice, cream and parsley. Pour on a little of the sauce from the saucepan, stirring all the time, add this mixture to the sauce remaining in the pan and stir over a low heat for 1-2 minutes. Do not allow to boil.

Pour sauce over beans. Garnish with parsley sprigs.

Faba Bean Casserole

1½ lbs/¾ kg large faba beans, fresh
1 large carrot
1 onion
2 sticks celery
1 leek
2 oz/50 g fat
½ pint/250 ml stock *or* water
1 tsp. dried savory *or* equivalent fresh

Cook the shelled beans (or if the beans are young slice them in their pods) in boiling, salted water until just tender. Peel and slice the carrot and onion, also slice the celery. Wash and cut the leeks into ½ inch/1½ cm pieces. Melt ½ oz/15 g of fat in a saucepan and stew the vegetables except the beans for about 5 minutes. Add no water. Grease a casserole and put in alternate layers of beans and other vegetables, finishing with beans and putting the remaining fat between the layers. Mix the stock with the savory and a little salt and pour over the vegetables. Cook in a hot oven (400°F) for 35 minutes.

Windsor Bean Pudding (*England*)

1 lb/½ kg boiled faba beans
salt and pepper
2 egg yolks
1 oz/25 g butter
2 oz/50 g white breadcrumbs
2 tbsp. single cream

Pound the boiled beans to a paste in a mortar or blend in a liquidizer. Season to taste with salt and pepper, add the egg yolks, softened butter and the breadcrumbs soaked in the cream. Tie the mixture in a floured cloth, place in boiling water and boil for 30 minutes. Squeeze out the water by pressing the cloth, and serve.

Alternatively, bake the pudding for 30 minutes in a moderate oven at 350°F.

Bizara (Egypt)

1 lb/½ kg small faba beans, dried
4 oz/100 g mulukhiyah, dried (jews mallow)
salt and red pepper
3 garlic cloves, crushed
olive oil (*or any other cooking oil*)

Garnish:

1 onion, chopped
1 garlic clove, crushed
coriander *or* parsley, chopped

Soak the beans overnight. The following day remove the skins (if you have not been able to buy skinned faba beans). Put into a saucepan with water to cover and bring to the boil and cook until the beans are well done. Sieve or grind with a blender and return to the saucepan. Grind or rub the dried jews mallow in your hand until it is powdered. Add this and the salt and pepper to the puréed beans and cook for 5-10 minutes. Meanwhile fry the crushed garlic in a generous amount of oil (preferably olive oil) and stir into the mixture.

Serve hot or cold. A garnish of onion, garlic and coriander or parsley, which has previously been fried together in oil, can be sprinkled over the dish before serving.

Grecian-style Faba Beans (Greece)

2 medium-size onions, sliced
4 tbsp. olive oil
1 lb/½ kg shelled fresh faba beans
3 tbsp. chopped parsley
2 tsp. chopped fennel tops
3 black peppercorns
salt and pepper
¼ pint/150 ml water
1 tbsp. lemon juice

Peel and finely slice the onions. Put in a pan with the oil and the beans, half the chopped parsley, the fennel tops, peppercorns, salt and pepper. Mix well together, then add the water and bring to the boil. Reduce heat to very low, cover and cook for 30 minutes or until the beans are just tender. Remove pan from heat and stir in the lemon juice and remaining chopped parsley. Serve hot or cold.

Faba Beans in White Sauce or Parsley Sauce (*England*)

1 lb/½ kg young beans with pods *or*
1 lb shelled beans
1 tbsp. butter *or* margarine
1 tbsp. flour
1 pint/500 ml milk *or* ½ pint milk + ½
pint bean water
salt and pepper
a little grated cheese
2 tbsp. chopped parsley

Serves 4

Shell the older beans or top and tail the younger ones, removing any strings and cutting them into 1 inch/2.5 cm pieces. Drop them into boiling salted water. Cover and cook until almost tender. Strain the beans (and if liked) reserve ½ pint/250 ml of liquid for the sauce.

Melt the butter or margarine in a small saucepan and add the flour. Stir for a couple of minutes but do not brown. Slowly add the milk (or milk and bean water), stirring all the time, and cook until thickened. Add a little cheese, salt and pepper and the parsley. Pour over the beans, stir gently, cover and put in a moderate oven to finish cooking.

Variation: A more luxurious version can be made with very young beans: merely top and tail them and pare them thinly down the sides. Cook them in unsalted boiling water until barely tender. Add salt and pepper, a squeeze of lemon juice, chopped parsley, 2 oz/50 g of butter and 3-4 tbsp. of cream. Heat through gently before serving.

Faba Beans in White Wine

2 tbsp. butter
1 small onion, finely chopped
4 tbsp. flour
¼ pint/125 ml dry white wine
¼ pint/125 ml chicken stock
sprig of marjoram, *or* ¼ tsp. dried marjoram
salt and pepper
1 tsp. sugar
1 lb/½ kg faba beans, shelled

Melt the butter and cook the onion until transparent. Stir in the flour and cook for a minute. Add the wine and stock, marjoram, seasoning, sugar and the beans. Bring to the boil and cook for 10 minutes.

Faba Bean and Lettuce Casserole (*Iran*)

1 lb/½ kg fresh faba beans, shelled *or*
1 lb/½ kg dried faba beans
1 head lettuce
1 tsp. fresh thyme *or* ½ tsp. dried thyme
10 sprigs fresh parsley
12 small pearl onions
2 tsp. salt
¼ tsp. pepper
2 fl oz/2½ tbsp. water
3 tbsp. butter *or* cream

If using dried faba beans, soak them overnight. Fresh ones should be shelled and their skins removed. Wash the lettuce, fresh thyme and parsley; shake off the excess moisture and chop. Peel the onions, place them in a saucepan with the faba beans, lettuce, thyme, parsley, salt, pepper and water. Cover and simmer over low heat until cooked (about 30 minutes). Stir in the butter or cream before serving.

Rice with Fresh Faba Beans (*Middle East*)

4 tbsp. oil
1 large onion, finely chopped
1 lb/½ kg fresh shelled *or* frozen faba beans
salt and black pepper
2 garlic cloves, crushed
½-1 tsp. ground coriander
1 lb/½ kg long-grain rice, washed and drained

Heat 2 tbsp. oil in a large heavy pan and fry the onion until soft and golden. Add the beans and sauté a little, turning them over and stirring. Cover with a little water and season to taste with salt and pepper. Simmer until the beans are just tender.

Fry the garlic and coriander in 2 tbsp. oil in a large frying pan. Add the washed and drained rice, and fry until transparent (not browned), add to the cooked beans together with enough water to make the liquid in the pan to ¾ pint/450 ml. Bring to the boil, cover and simmer gently for about 20 minutes (do not stir) until the rice is cooked.

Serve hot with meat or cold with yoghurt and salad.

Variation: A version of this is served in Iran but 8 oz of dry skinned faba beans is used instead of the fresh ones. Butter replaces oil for frying and turmeric replaces the garlic and coriander.

Turkish Faba Beans

1 lb/½ kg faba beans, shelled
5 fl oz/125 ml yoghurt
1 garlic clove, crushed
1 egg yolk

Cook faba beans in a little boiling water until just tender. Drain. Put in a pan with the yoghurt and garlic and heat through gently. Add the egg yolk and stir until slightly thickened, without boiling. Serve.

Ta'amia or Falafel (Egypt)

This dish is also common in other Middle Eastern Countries.

1 lb/½ kg dried faba beans
2 spanish onions (red ones), grated or finely chopped *or*
1 bunch spring onions, finely chopped
2 large garlic cloves, crushed
1 bunch parsley, finely chopped
1-2 tsp. ground cumin
1-2 tsp. ground coriander
½ tsp. baking powder
oil for frying

Soak beans in cold water for 24 hours. Remove skins if this has not already been done. Drain, mince and pound them. Mix all ingredients together except oil, season to taste. Pass mixture through the fine blade of a mincer twice, then pound. Let paste rest for at least ½ hour.

Flatten walnut-sized lumps into round cakes 1½ inches across. Let them rest for a further 15 minutes, then fry them in deep hot oil until rich golden brown.

Serve hot with salad and bread.

Variation: Baking powder is sometimes replaced by ½ oz fresh yeast/¼ oz dried yeast dissolved in a few tablespoons of lukewarm water.

Faba Bean Gazpacho (Spain)

Traditional Andalusian farmworkers' lunch dish.

100 g large dry faba beans
1 garlic clove
half a green pepper
4 oz olive oil
2 oz wine vinegar
1 egg white
1 tsp salt

Soak the faba beans overnight. Boil in plenty of fresh water until tender. Drain and peel off the skins. Blend all the ingredients, adding water to taste (up to 1 liter). Chill and garnish with diced onions, tomatoes, cucumbers and red peppers.

Faba Bean Kookoo (*Iran*)

1 lb/½ kg dried faba beans
1 tsp. salt
2 oz/50 g butter
8 tbsp. dill weed, fresh *or*
4 tbsp. dill weed, dried
6 eggs
1 tsp. salt
¼ tsp. pepper
½ tsp. baking soda
1 large onion, sliced *or*
4 spring onions, chopped

Serves 6

Soak the faba beans in water overnight. Add a little salt, cover and simmer gently until tender. Cool with cold water. Liquidize with a little of the cooking liquor, pass through a food mill or mash with a potato masher. Sauté the onion in 2 tbsp. of the butter. Add the dill weed (if available). Beat the eggs well. Add the salt, pepper, baking soda, onion and mashed beans. Mix well. Melt the remaining butter in a baking dish. Pour in the egg mixture and bake at 350°F for ¾-1 hour, until the bottom and edges are crisp and the top is golden brown. Invert to serve.

Variation: A similar dish "Eggah bi Ful Akhdar" is made in other countries of the Middle East but ¾ lb/300 g of fresh or frozen faba beans replace the dried ones (and therefore do not need to be soaked). Omit the onion and baking soda. The beans are added whole to the beaten eggs (having been previously boiled in salted water until just tender). It can be cooked in a frying pan or in the oven. Garnish with chopped parsley. Serve cut in wedges like a cake.

Lentil and Vegetable Stew (*Middle East*)

½ lb lentils (soaked overnight if necessary)
2 medium potatoes, peeled and coarsely diced
½ lb courgettes *or* marrow, sliced or cubed
½ lb leeks, trimmed and sliced
1 stalk celery, sliced
salt and black pepper
oil
1 onion, finely chopped
2 garlic cloves, crushed
2 tbsp. finely chopped parsley
juice of 2 lemons

Drain lentils (if soaked) and simmer in a large pan with 1 pint/600 ml water for about 1¼ hours. Add the potatoes, courgettes, leeks and celery, season to taste with salt and pepper and continue cooking for 15 to 20 minutes longer, or until vegetables are cooked, adding 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 colored. 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 without the courgettes, leeks, celery and lemon juice. The quantity of potatoes should be increased to 3 cups and ¼ tsp. dried sage added.

Mercimek Koftesi (Lentil Cakes) (*Turkey*)

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

2 oz/50 g lentils
1 pint/600 ml water
salt
4 oz/100 g burghul (cracked wheat)
1 oz/25 g butter
1 large onion
1 tsp. paprika
1 tsp. ground cumin
a few sprigs of parsley, chopped

Wash and rinse the lentils. Boil them in water and a little salt until they are soft. Add the burghul and soak for 1 hour. The water should be completely absorbed, forming a moist dough. Meanwhile, fry the finely sliced onion in 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.

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.

½ lb/200 g large brown lentils
1 lb/400 g fresh *or* ½ lb/200 g frozen leaf spinach
½ tsp. ground coriander
½ tsp. ground cumin
1 garlic clove, crushed
salt and black pepper
1-2 tbsp. butter

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

Lentil Wat (*Ethiopia*)

2 ladles lentils
½ ladle fresh red shallots
1 tbsp. dried red shallots
¼ ladle red pepper
1 ladle oil
salt
2 tsp. garlic

Serves 4-6

1 ladle = 10 tbsp. = ⅓ cup

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.

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 of
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 other ingredients. (Crush the asafoetida before mixing.) Knead the mixture for a few minutes, then leave in a warm place for 2-4 hours. Knead again, shape into cakes 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
½ tsp. turmeric
½ tsp. garam-masala
1 tsp. caraway seeds
½ tsp. chilli powder (optional)
oil or fat for frying

Makes 18-20 cakes

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 or 6 at a time over medium heat.

Serve hot or cold. Can also be curried.

Mongorhis II (Lentil Rissoles) (*India*)

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

Curry:

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

Sort and clean the lentils, grind in a coffee mill, then sieve. (Yields about ¼ cup; use the remainder 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 1 hour, then beat thoroughly again. Heat the oil or fat in a deep pan over medium heat; when smoking hot, drop in small portions of the lentil mixture. Fry 4 or 5 at a time. When golden brown, drain. Serve hot, cold or curried.

Curry: 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 tomatoes. Simmer for a few minutes, add the mongorhis. Stir well, heat gently. Add hot water and the yoghurt, bring to the boil, cover and simmer for 10-15 minutes.

Amati (Coconut Lentils) (Maharashtra, India)

4 oz/½ cup/45 g lentils
2 tbsp. salt
½ tsp. turmeric
5 cups/2 pints/1 L water
2 tsp. crushed jaggery (or sugar)
1 tbsp. tamarind pulp
2 garlic cloves, crushed
½ tsp. mustard seeds
3-4 green chillies, chopped
a pinch asafoetida
3 tbsp. ghee or oil
2½ tbsp. grated coconut (fresh, if possible)
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, green chillies and asafoetida in ghee or oil 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 (Black Lentils) (Himachal Pradesh, India)

8 oz/225 g whole black lentils
1½-2 tsp. salt
1 tsp. red chilli powder (optional)
8 fl oz/1 cup/225 ml yoghurt, well mixed
2 tbsp. ghee or oil
1 onion, chopped
2 bay leaves
½ tsp. turmeric

Garnish:

a pinch of mace
¼ tsp. cinnamon
1/8 tsp. ground cloves

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/1.6 L 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 5 minutes or until well blended, remove from heat. Heat the oil and add the chopped onion, cook until golden. Add bay leaves, turmeric 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 Dhal (Piquant Lentils) (*Uttar Pradesh, India*)

4 oz/115 g lentils
2½ pints/6 cups/1.4 L boiling water
1½ tsp. salt
½ tsp. turmeric
2-3 tbsp. thick tamarind juice
1 tbsp. ghee *or* butter
a pinch asafoetida
½ tsp. cumin seeds
2 red chillies, seeds removed and broken in half
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

Dhal (*India*)

Dhal 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.

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

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.

Serves 4

Dhal Barhe (Savoury Lentil Risssoles) (*India*)

1 teacup red lentils
1½-2 tsp. salt
1 tsp. caraway seeds
oil *or* fat for frying
2 pints/1.2 L fresh thick yoghurt
1 tsp. garam-masala
1 tsp. chilli powder
½ tbsp. chopped mint *or* onion
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 risssoles 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 risssoles and put them in the curd mixture. Serve after 15 minutes. Sprinkle with paprika.

Mahani (Lentils in Mango Juice) (*Punjab, India*)

6 medium-sized sweet and sour sucking mangos
8 oz/1 cup/230 g lentils
salt
1 tsp. turmeric
3 pints/7½ cups/1¼ L boiling water
2 tbsp. oil *or* ghee
6 red chillies, seeds removed and chopped (optional)
1 tsp. mustard seeds
a large pinch fenugreek seeds, pounded lightly
½ tsp. nigella seeds (optional)
1 tsp. cumin seeds
salt

Squeeze the juice from the mangos, 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 mangos 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 cup lentils
1 can cream of celery soup
1 cup sour cream
1 cup breadcrumbs
2 tbsp. grated onion
½ tsp. salt

Garnish: chopped almonds

Clean, cool, rinse and drain the lentils. Mix with all the other ingredients. Place in casserole dish and top with chopped almonds. Bake at 350°F for ½ hour.

Serves 4-5

Lentils and Prunes

1 cup lentils
1 cup prunes
¼ cup sherry
1 tsp. salt
lemon juice (optional)
spices (optional)

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.

Spiced Lentils

1 medium onion
1½ oz/40 g butter
1 large garlic clove
1 tsp. ground coriander
½ tsp. ground cumin
½ tsp. ground ginger
¼ tsp. chilli powder
¼ tsp. ground turmeric
½ lb/200 g brown lentils
sea salt

Serves 3-4

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/750 ml of hot water and cover the pan. Simmer for about 35 minutes, until the lentils are soft and the water is absorbed. Add salt to taste and more spices if needed. Serve with hot hard-boiled eggs and grilled rashers of bacon.

Soy Lentil Loaf

1 cup cooked lentils
1 cup cooked soybeans
2 cups whole wheat flour *or* soy bread crumbs
2 tbsp. chopped parsley
2 cup milk *or* 1 cup milk + 1 cup tomato soup
1 tbsp. 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 Scotch Eggs

Forcemeat:

1 oz/25 g lentils
1 oz/25 g breadcrumbs
grated rind of ½ lemon
1 tsp. chopped parsley
pepper and salt
1 egg

4 eggs, hard-boiled
breadcrumbs
½ pint/300 ml thick brown gravy

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 Vegetable Roast

12 oz/1½ cups lentils
salt and pepper
bouquet garni*
3 oz/75 g margarine
2 large onions, chopped
1 garlic clove, crushed
1 small dessert apple, peeled and diced
a few sticks celery, chopped
1 small green pepper, chopped

Serves 4-6

* Bouquet garni:

1 sprig parsley
1 bay leaf
2 sprigs thyme
1 sprig marjoram

Tie in muslin or two thicknesses of cheesecloth.

Put lentils into a pan with only enough cold water to cover. Add salt, pepper and herbs. If possible soak for 1-2 hours. Simmer for 1¼ hours until the water has evaporated and the lentils are tender. Remove the bouquet garni. Meanwhile fry the onions and garlic in 2 oz/50 g margarine until tender. Add to the warm lentil mixture in the pan, with the apple, celery and pepper. Season well. Grease a medium baking dish with half the remaining margarine. Put in the lentil mixture and top with the remaining margarine. For a crisp topping, do not cover. Bake 1 hour in the center 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 baking dish and top the lentil mixture with a thick layer of crumbs.

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

Lentils in Butter

¾ lb/350 g brown lentils
4 tbsp. butter
1 onion, finely chopped
1 garlic clove
salt and black pepper
1 tsp. ground cumin
juice ½ 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 tbsp. 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 ½ pint/250 ml of water, bring to boil and remove skin. Season with salt, 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.

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

Variation: Substitute 1 bay leaf and a pinch of dried thyme for the ground cumin and lemon juice.

Lentil Rissoles

1 lb/½ kg lentils
1 lb/½ kg mashed potatoes
white of 1 egg
1 fried chopped onion
pepper and salt
parsley, finely chopped

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 color.

Vegetable Pasties

¼ medium cauliflower
½ swede (turnip), diced
2 large carrots, diced
¼ lb/100 g lentils
¼ lb/100 g shelled peas
2-3 oz/50-75 g butter
2 medium onions, sliced
¾ lb/350 g mushrooms, chopped
1 courgette, sliced
1 aubergine, sliced
mixed herbs and seasoning
¼ pint/150 ml single cream
1 egg
¾ lb/350 g short-crust pastry

Divide the cauliflower into small florets 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. Add the rest of the butter to the pan, as necessary. Stir the mixed herbs, 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. Dampen the edges with a little water, fold over and press firmly together. Prick with a fork, brush with the egg and place on the top shelf of a moderate oven for about 25 minutes or until the pastry is cooked.

Lentils and Barley

1 cup lentils
½ cup barley
½ tsp. salt
2 tbsp. oil
1 small onion, sliced

Soak lentils and barley separately overnight. Put barley to cook in salted water to cover. After ½ 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

Lentils and Pepper Rice

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

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

Serves 6

Lentil/Rice Loaf

½ cup lentils
2 tbsp. cooking oil
½ cup finely chopped onion
1 cup cooked brown rice
1 egg, beaten
1 tsp. salt
1 cup croutons *or* breadcrumbs
1 cup sieved, canned tomatoes
¼ tsp. dried thyme
½ 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°F for 35 minutes. Serve with gravy or any flavor of heated, undiluted cream soup.

Variation: The brown rice and the tomatoes can be replaced by an additional ½ cup of lentils, 1 small can of evaporated milk and ½ cup of finely chopped nuts.

Lentil Fry

½ cup lentils
butter
1 cup cooked, diced potatoes
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.

Rishta I (Lentils with Noodles)

½ - ¾ lb/225-350 g lentils
salt
oil
2 onions, finely chopped
2-3 garlic cloves, crushed
1 tsp. ground coriander
½ cup spanish peanuts, chopped filberts
or hazelnuts (optional)
black pepper
¾ lb/350 g rishta noodles *or* tagliatelle
2 tbsp. butter

Cook lentils in about 1 pint/500 ml salted water until the lentils are soft and the water is absorbed. Drain. Fry the onions in 2 tbsp. oil until soft and golden. Add the garlic and coriander. Fry for another 2 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.

Rishta II

1 lb/450 g plain flour
2 large eggs, beaten
1 tsp. salt
4-5 tbsp. water

Sift flour onto a large board, make a well in the center to hold the beaten eggs, salt and 4 tbsp. water. Mix well and knead thoroughly until ingredients are well blended, add the remaining tablespoon of water if necessary. The dough should be firm. Work it for about 10 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 center. Flour occasionally to prevent sticking. Let the sheets rest and dry out for 40 minutes. Roll up each sheet like a swiss roll; cut into thin slices. Spread on floured cloth and leave to rest. Simmer in boiling water for about 5 minutes, stir occasionally to prevent sticking.

Mujeddarah (Lentils and Rice) (*Middle East*)

A great favorite throughout the Middle East from medieval times. Also known (probably mistakenly) as Esau's dish of lentils.

2 cups whole brown lentils
4 tbsp. oil
1 onion, chopped finely
salt and pepper
1 cup rice
2 onions, sliced

Serves 10

Boil lentils until tender. Fry chopped onion in 2 tbsp. 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 tbsp. 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.

Nan-e Nokhochi (Chickpea Flower Cookies) (*Persia*)

8 oz/200 g butter
6 oz/150 g icing *or* confectioners sugar
1 egg yolk
1 tsp. ground cardamom
6 oz/150 g chickpea flour

Beat the butter and sugar together until creamy. Add the yolk and cardamom. Add the chickpea flour by kneading it in until the mixture is smooth. Pinch tiny pieces of dough, roll into balls, decorate with the prongs of a fork. Arrange on a lightly greased pan and bake at 300°F for about 30 minutes. Makes about 40.

Bereshtook Nokhochi (Chickpea Flower Squares) (*Persia*)

This is a similar dish.

Double the quantities above.

Melt the butter (or shortening) in a frying pan. Turn the heat to low and gradually add the sifted chickpea flour while stirring constantly with a wire whisk. Remove the pan from the heat and cool the mixture slightly. Stir in the icing sugar and ground cardamom. Spread onto a greased pan, smoothing the top with a spatula. Bake at 300°F for 1 hour. Cool and cut into tiny squares with a sharp knife. The top can be decorated with slivered pistachios or almonds before baking (if desired).

Balushai (India)

¼ lb/100 g chickpea flour
¼ lb/100 g ground almonds
¼ lb/100 g dried milk
3 oz/75 g ghee *or* butter
2-3 eggs, beaten
6 cardamoms
fat for frying
rose-flavored syrup
caster sugar

Rose-flavored syrup:
2 lbs/800 g sugar
1 quart/1 L water
rose essence, to taste

Separately fry the chickpea flour, ground almonds and dried milk lightly in 1 oz/25 g ghee or butter for each pan. Allow to cool and then mix with the beaten eggs and the seeds from 6 cardamoms. Form into walnut-sized balls and fry until golden brown. Drop while still hot into a heavy rose-flavored syrup for a few minutes. Drain, then roll in caster sugar.

Syrup: Boil ingredients together, stirring until the sugar has melted and the syrup has become quite thick.

Asure (A Traditional Turkish Dessert)

Supposed to have originated by somebody trying to use up odds and ends while cleaning out their kitchen cupboards.

3 oz/75 g chickpeas
3 oz/75 g haricot beans
2 oz/50 g rice
2 oz/50 g wheat bugday (whole meal ground wheat)
2 oz/50 g currants
2 oz/50 g sultanas
3 oz/75 g sugar
1 tsp. vanilla essence *or* 1 pod

Garnish: cream, chopped walnuts, pistachios and almonds

Soak the chickpeas and haricot beans overnight in separate bowls. Soak the rice and wheat together in another bowl. The following day boil the chickpeas and haricot beans (separately) until tender, drain. Boil the rice and wheat together until tender, mix with the chickpeas and haricot beans; stir well with a wooden spoon until the mixture has the consistency of a thick porridge. Add the dried fruits, sugar and vanilla; mix well. Put into small bowls and chill thoroughly. Decorate with cream and sprinkle chopped nuts over each dish.

Twelfth Night Cake (England)

Once traditional on Twelfth Night (6th January). A whole dried (faba) bean was put into the cake for luck; the person who was served the slice containing the bean was proclaimed 'King Bean' for the night. In another version, both a bean and a pea were put into the cake. The man who found the bean was King and the girl who found the pea was Queen. If the bean was found by a girl, she could choose the King and if the pea was found by a man, he named the Queen.

4 eggs
½ lb/¼ kg/1 cup butter
½ lb/¼ kg/2 cups sugar
½ lb/¼ kg/3 cups plain flour
1 lb/½ kg currants
3 oz/75 g chopped candied peel
2 oz/50 g almonds, blanched and chopped
½ tsp. grated nutmeg
2½ fl oz/60 ml brandy
1 dried faba bean (and 1 dried pea, optional)
crystallized fruit

Royal Icing

3½ cups icing sugar
2 egg whites, beaten
juice of 1 lemon

Beat the eggs thoroughly over a pan of warm water; cream the butter and sugar until light and fluffy and gradually beat in the eggs. Carefully fold in the sifted flour and blend well before adding the currants, peel, almonds and nutmeg. Blend in the brandy to give a soft dripping consistency. Add the bean (and the pea, if using). Spoon the cake mixture into a 9-10" (about 24 cm) pan, double-lined with greaseproof paper; level the top and bake at 275°F/150°C for 2 hours or until done.

Turn out and leave the cake to cool. Cover with Royal Icing and before it sets, decorate with pieces of crystallized fruit.

Beat egg whites until stiff but not dry. Gradually add the sifted sugar and lemon juice until of a spreading consistency. Icing sets hard, so cover with a damp cloth until ready to use.

Pinnis (made with Lentils) (*India*)

1 teacup red lentils
8 oz/200 g butter *or* ghee
10 oz/250 g fine sugar
2 tbsp. sliced pistachios *or* almonds
1½ tbsp. desiccated coconut
½ - 1 tsp. cardamom
seeds or grated nutmeg

Makes 20

Clean and soak the lentils overnight, drain well and dry slightly. Crush them with a pestle and mortar until it looks like cake batter. 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, 1½ tbsp. nuts, coconut, the cardamom seeds and nutmeg; 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.

Ezekiel's Bread (Pumpernickel Texture)

1 cup warm water
3 tbsp. honey *or* brown sugar
2 tbsp. yeast *or* 2 packages
1 cup hot water
1½ tsp. salt
1 cup sprouted *or* soaked lentils
3 tbsp. oil
2 cups hot water
1 cup soy flour
1 cup rye flour
1 cup gluten flour
1 cup millet flour
1 cup barley flour
4 cups whole wheat bread flour

Makes 4-5 loaves

Mix warm water, 1 tbsp. honey and yeast and let stand until the yeast is growing well. Liquify 1 cup hot water, 2 tbsp. honey, salt, lentils and oil until smooth. Put in large bowl and add 2 cups hot water and the first five flours. Beat thoroughly and add yeast mixture. Beat again and add 1 cup whole wheat flour. Let 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).

Rice and Chickpea Stuffing for Vegetables

2 oz/50 g chickpeas, soaked and boiled
4 oz/100 g rice, washed and drained
6 oz/150 g tomatoes, skinned and seeded
1 large onion, finely chopped
salt and black pepper
½ tsp. ground cinnamon *or*
¼ tsp. ground allspice
2 garlic cloves
juice of 3 lemons

Mix all the ingredients together in a bowl, kneading well by hand until thoroughly blended. When filling the vegetables allow room for the rice to expand. If the vegetables are to be baked, use cooked rice and pack the vegetables tightly.

Use to stuff vine leaves, courgettes, aubergines, cabbage leaves or green peppers. Place in the bottom of a thick saucepan, add some salt and two crushed garlic cloves. Press with one inverted dish and add water to the pan to reach the dish. Cover and cook gently for about 45 minutes. Add the lemon juice and cook for 10 minutes. Drain. Serve cold.

Philouries (Chickpea Fritters)

½ lb/200 g chickpea flour
½ tsp. ground turmeric
½ tsp. ground cumin
½ tsp. chilli powder
2 red or green fresh (*or* pickled) chillies, finely chopped
2 garlic cloves, crushed
1 large onion, finely chopped
1 egg, beaten
salt and pepper
yoghurt

Mix the chickpea flour, turmeric, cumin and chilli powder, add to the beaten egg with the chopped chillies, garlic and onion. Add yoghurt to make a thick batter. Season to taste.

Drop spoonfuls of the batter into deep boiling fat and cook to a golden brown.

Curry Paste

8 oz/200 g ground coriander
1 oz/25 g ground cumin
2 oz/50 g ground turmeric
2 oz/50 g chilli powder
2 oz/50 g ground black pepper
2 oz/50 g ground mustard seed
1 oz/25 g ground ginger
1 oz/25 g garlic, crushed
4 oz/100 g chickpea flour
2 oz sugar
2 oz salt
wine vinegar
1 tbsp. mustard oil

Mix all the ingredients together with sufficient wine vinegar to make a thick paste. Put 1 tbsp. of mustard oil into a small saucepan and bring to the boil. Add the spice paste, cook and mix on a low heat for a few minutes. Do not add any water and make sure all the utensils used are dry. When cool, bottle in an air-tight jar; keeps indefinitely. Use ½-1 tbsp. in each curry.

Kastha Bessan (Special Batter)

Use for coating foods (including cauliflower, fish, chickpea, etc.) before frying.

seeds of 3 cardamoms
pinch of saffron
1 tbsp. coriander
2 cloves
¼ tsp. chilli powder
¼ tsp. black pepper
2 tsp. chives, chopped
1 tsp. salt
4 oz/100 g/¾ cup chickpea flour
3 fl oz/90 ml yoghurt

Grind the cardamom seeds, saffron, coriander and cloves together, add the chilli powder, black pepper, chives and salt. Make a paste by mixing the flour and yoghurt together, add the rest of the ingredients. Beat well and allow to stand for ½ hour. Beat again lightly before using to coat vegetables, fish, chickpea, etc. then deep fry. until golden brown.

Puréed Chickpea with Garlic and Onion (Middle East and Turkey)

12 oz/300 g chickpeas, soaked overnight
1-2 garlic cloves, crushed
1 large onion, chopped
salt
olive oil
8 oz/200 g toasted Arabic pita *or* white sliced bread
paprika

Boil the chickpeas in about 1½ pints/¾ L water until cooked. Drain and retain the cooking liquor. Add the garlic, onions and salt and mash or liquidize to a paste. Stir in olive oil to taste.

Break the bread into small pieces and line the bottom of a shallow serving dish with it. Sprinkle with the chickpea liquor until well soaked. Cover with the puréed chickpea, sprinkle with a little more oil and garnish with paprika. Serve hot.

Variations:

1. Yoghurt flavored with crushed garlic and mint can be poured over just before serving. Garnish with paprika, or paprika mixed with olive oil.
2. Fry 2 tbsp. pine nuts and mix them with the puréed chickpeas.

Turkish-style Faba Beans

200 g dry faba beans
200 ml olive oil
1 large onion
3 cloves garlic
15 ml fresh dill or 5 ml dried dill
2.5 ml chervil (optional)
10 ml sugar

Soak the beans overnight. Cook in salted water until soft. Chop the onions and liquidize them in a blender with garlic, dill, chervil and some oil; add beans and oil alternately. Add sugar and blend until puréed. Return purée to the pan and bring to a rolling boil, stirring constantly. Cool and serve cold with lemon. Good as a dip or as a sauce with fish.

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
½ ladle rue
¼ ladles savory
½ ladle fenugreek
1 ladle sacred basil
15 pods of cardamom seeds
½ ladle cloves
¼ ladle cumin
¼ ladle bishop's weed
¼ ladles cinnamon
¼ ladles black cumin
¼ ladle black hidar filfile
¼ ladle coriander
3 ladles salt
¼ ladles "Kebebe Sine"

Clean the peas, lentils, chickpeas and beans and boil them separately in water for a few minutes. Drain and 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.

1 ladle = 10 tbsp. = ¾ cup

Stuffing for Baked Salmon

½ cup lentils
1 cup fresh breadcrumbs
4 oz/100 g mushrooms, chopped
1 cup celery, chopped
1 can clam chowder
1 cup onion, finely chopped
½ tsp. salt
½ cup 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.

Faba Bean Wine

A traditional old English country wine.

4½ lbs/2 kg shelled green faba beans,
too old and "black in the eye" for
normal use

1 lemon, thinly pared

7 pints/4 L water

9 oz/250 g chopped sultanas

cereal yeast and yeast nutrient
(ammonium phosphate + vitamin B₁)

2¼ lbs/1 kg white sugar

Campden tablet

Boil the beans and lemon rind in the water for 1 hour, then cool. Strain the liquor onto the chopped sultanas, add the lemon juice, nutrient and active yeast. Ferment in a large covered vessel for 5 days, pressing the fruit down daily. Strain out and press the sultanas, stir in the sugar, pour the must into a fermentation jar, fit an air lock and ferment out. Decant or siphon into a clear jar, add one crushed Campden tablet and when clear decant again. Mature wine for 9 months before bottling and serve it cold and dry.

Dry Lentil Wine

2 lbs/800 g lentils

7 pints/3½ L water

1 lemon, thinly pared

9 oz/225 g sultanas, chopped

2 tbsp. strong cold tea

cereal yeast and yeast nutrient

2¼ lbs/900 g white sugar

Campden tablets

Simmer the lentils and lemon rind in water for 1 hour, cool. Strain the liquid into a large vessel (plastic bucket) and add the sultanas, lemon juice, tea, yeast and nutrient. Cover and leave in a warm place to ferment for 1 week, pressing fruit down daily. Strain out and press the sultanas through a muslin cloth, stir in the sugar. When dissolved, transfer the liquid to a fermentation jar with an airlock and ferment out. When fermentation has finished (4 to 6 weeks) pour or siphon the liquid into a clean jar, leaving the sediment behind. Add one crushed Campden tablet. Siphon again and add another tablet, when the wine has fully cleared. The wine should be matured for 6 months before bottling. Serve cool.

Suggested Reading

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