

# Red lentil pate



1 cup red lentils  
1 bay leaf  
2-4 cloves garlic, mashed (to taste)  
3 tablespoons olive oil  
salt and pepper, to taste

For the topping:

2 (red) onions, finely sliced  
1 tablespoon olive oil  
1 tbsp. tomato puree/paste

Wash the lentils thoroughly and cook them in 2 1/2 cups water, together with the bay leaf. Drain but keep the moisture aside. Remove the bay leaf and blend/process until smooth.

Put the lentils back in the pan, on low heat, add the oil and garlic and “beat” it with a wooden spoon until it becomes foamy (if necessary add a little water from the lentils to get the desired consistency). Add salt and pepper to taste and transfer the lentils to a serving bowl.

Heat 1 tablespoon of olive oil in a pan and simmer the onions on medium heat until golden brown. Add the tomato puree and mix well. Spread evenly over lentil pate.