

Red lentil stew



For 2-3 servings:

1 cup red lentils, rinsed well
1 bay leaf
1 onion
1 carrot
1 bell pepper
chili pepper, finely chopped, to taste (optional)
2-3 cloves garlic, mashed
2 teaspoons oregano
1 tablespoon seasoning mix (coriander-, cumin-, allspice-, paprika-, juniper-, garlic-, mustard powder etc.)
2 tablespoons tomato paste
1 bunch dill, finely chopped
2 tablespoons olive oil
salt and pepper, to taste

Process/finely chop the carrot, onion and green pepper.

Heat the oil in a saucepan and stir fry the vegetable mix for 2-3 minutes. Add the lentils, spices, bay leaf, chili and 1 1/2 cup water. Cover and simmer on medium heat, stirring occasionally. Add a little bit more water if needed.

When the lentils are cooked add the tomato paste, garlic and dill. Let it simmer for another few minutes than add salt and pepper to taste.

Serve with salad or pickles.

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.

Creamy tomato-lentil soup



For 4-6 servings:

1 cup red lentils, well washed
2 cans a 400 g (diced or whole) tomatoes
2 onions, finely chopped
1 head of garlic, chopped
1 bay leaf
1 teaspoon rosemary
2 teaspoons oregano
1-2 tablespoons olive oil
salt and pepper, to taste

fresh basil, finely chopped (optional)

Stir fry the onions and garlic, in olive oil, for 2-3 minutes. Add the lentils, bay leaf, rosemary, oregano and 3 cups of water. Cook for about 10 minutes then add the tomatoes.

When everything is cooked (10-15 minutes) remove the bay leaf and blend until smooth. Add salt and pepper to taste.

Add fresh basil on plate.

Lentils sauer soup



For 6 servings:

500 g bruin lentils (not red!!)

500 g vegetables for soup (carrots, onions, parsnips, celery, potato, peas, cauliflower, etc.)

500 g ripe tomatoes, diced / 400 g can diced tomatoes

2 bay leaves

1 teaspoon paprika powder

juice from 1-2 lemons, to taste

2 tablespoons olive oil

1 bunch lovage/dille

salt and pepper, to taste

Wash the lentils and cook them in 2 l water together with the

bay leaves.

When the lentils are half cooked add the chopped vegetables. Continue to cook for another 5-6 minutes than add the tomatoes, paprika powder and the lemon juice. Add more water if needed. When the lentils and the vegetables are cooked add salt and pepper to taste.

Garnish the dish with olive oil and finely chopped lovage or dille.

Red lentil burger



For approx.. 10 pieces:

- 1 cup red lentils
- 3 tablespoons chickpea flour
- 1 large carrot
- 1 large onion
- 1 bell pepper
- a handful (frozen) peas
- a handful olives, finely chopped
- 2-3 garlic cloves, mashed
- 2 tablespoons seasoning mix (coriander-, cumin-, allspice-, paprika-, juniper-, garlic-, mustard powder etc.)

1 tablespoon mint (fresh or dried)
2 bay leaves
salt and pepper, to taste

Wash the lentils thoroughly and cook them together with the bay leaves in 1 1/2 cup water. Check from time to time that they don't stick to the bottom of the pan. When the lentils are cooked the water should be completely absorbed. Remove the bay leaves and allow it to cool.

Process the carrot, onion, bell pepper and mint using a food processor (or finely grate or chop them).

Mix all ingredients. Form the burgers and bake them in oven at medium heat (175 C) for 20-30 minutes.

Cut the burger bun in half, add the burger and salad, finely chopped onions, tomatoes, mustard, ketchup, [vegan mayonnaise](#) or [garlic sauce](#), to taste.

Variation: you can add fresh chili / chili powder to the mixture.

Lentil patties



For 15-20 pieces:

1 cup red lentils
3 tablespoons chickpea flour
1 large carrot
1 large onion
1 bell pepper
2-3 garlic cloves, mashed
2 tablespoons seasoning mix (coriander-, cumin-, allspice-, paprika-, juniper-, garlic-, mustard powder etc.)
1 tablespoon mint (fresh or dried)
2 bay leaves
salt and pepper, to taste

Wash the lentils thoroughly and cook them together with the bay leaves in 1 1/2 cup water. Check from time to time that they don't stick to the bottom of the pan. When the lentils are cooked the water should be completely absorbed. Remove the bay leaves and allow it to cool.

Process the carrot, onion, bell pepper and mint using a food processor (or finely grate or chop them).

Mix all the ingredients. Form little balls and bake them in the oven at medium heat (175 C) for 20-30 minutes.

Serve them warm with mustard or with side dishes and / or salads.

Variation: you can add chilli / chilli powder to the mixture

Lentil bolognese pasta



For 4 servings:

500 g pasta, cooked

400 g puy lentils (or brown/green)

2 carrots, finely chopped

1 onion, finely chopped

2-3 garlic cloves, mashed

700 ml tomato passata

2 bay leaves

2 teaspoons oregano

1/2 glas wine

3 tablespoons lemon juice

1 tablespoon olive oil

salt and pepper, to taste

fresh basil, finely cut (optional)

Wash the lentils and cook them in water with the bay leaves. Drain.

Stir fry the the onion and the carrots in oil for 2-3 minutes than add the tomato passata, wine and oregano. Cover and simmer on medium heat until the sauce has reduced. Add the garlic, lentils, lemon juice, salt and pepper to taste and cook for another few minutes.

Put the pasta on the plate and add the lentils on top of it. Garnish with fresh basil.

Red lentil, carrots and ginger soup



For 4-5 servings:

150 g red lentils

1 onion, chopped

5 carrots, sliced

3 cm ginger, chopped (or 1 1/2 teaspoon ginger powder)

1 tbsp. tomato paste

1 bay leaf

salt and pepper, to taste

patunjel, finely chopped

lemon

olive oil

Wash the lentils thoroughly and cook them together with the onion, carrots, ginger and the bay leaf, in 1.5 l water .

When the lentils and vegetables are cooked remove the bay leaf than blend it until smooth.

Add the tomato paste, salt and pepper to taste and cook for few minutes longer.

Garnish on the plate with parsley, lemon juice and olive oil, to taste.

Lentil pate



Lentil pate

1 cup green lentils
2 bay leaves
10-15 peppercorns
2 tablespoons oil
1 onion, chopped
3-4 cloves garlic, finely chopped
2 teaspoons thyme
1 teaspoon paprika powder
1 tbsp. tomato puree
1 cup dry white wine
salt and pepper, to taste

Wash the lentils thoroughly and cook them together with the bay leaves and peppercorns in 3 cups of water. If needed add more water.

When the lentils are cooked drain but keep the water apart. Remove the bay leaves and peppercorns.

Heat 1 tablespoon oil in a pan and stir fry the onion and garlic for 3-4 minutes. Add the wine, the remaining spices and cook, uncovered, until the onion is soft and the alcohol has evaporated. Add the tomato puree dissolved in a little bit of water from the cooked lentils. Continue cooking for another 3-4 minutes. Add salt and pepper to taste.

Put all the ingredients in a food processor / blender and process/blend until smooth. If needed add a little bit more water from the cooked lentils until you obtain the consistency of a pate.

Lentil stew



Lentil stew

For 4 servings:

- 250 g green lentils
- 1 bell pepper, finely chopped
- 1 onion, finely chopped
- 4 cloves of garlic, finely chopped
- 2 bay leaves
- 1 teaspoon thyme
- 3-4 tablespoons tomato paste

1 tablespoon oil
salt and pepper, to taste

Wash the lentils well and cook them in water with the bay leaves. Drain but keep the water separate.

Heat the oil in a saucepan and add the onion. Stir fry for 2-3 minutes then add the bell pepper and continue frying for a few minutes more.

Add some water from the cooked lentils, the thyme and garlic. Cover and simmer, stirring occasionally, until the vegetables are soft.

Add the tomato paste and, if needed, more water (from the cooked lentils) and the lentils.

Cook for another few minutes. Add salt and pepper to taste.

Serve with pickles or as garnish.