

TASTING, SAMPLING AND SHARING
with friends



ANN FARR'S
SPICY RED LENTIL SOUP

Ingredients

200g 7oz Split red lentils
1 medium onion
a little groundnut oil
a thumb sized piece of ginger
3 cloves garlic
4 tomatoes
1 tspn black mustard seeds
2 small hot chillies, seeded and chopped
2 tspn dried chilli flakes
1 tspn ground turmeric
1 litre (1 ¼ pints) vegetable stock or water
a small bunch coriander leaves, chopped

“Warming stuff this!” The seasonings are not cast in stone, so you could add as much or little as you like, and omit the coriander altogether, if its not your thing. What you end up with is spicy saffron coloured soup that will bring colour to your cheeks. Oh toast naan bread under the grill to serve it , tear off chunks and dunk them into the soup or your favourite rolls or crusty bread.

Method

Peel the onion and chop it roughly and let it cook slowly and without colouring much, in the groundnut oil. Do the soup in a deep heavy based saucepan over a moderately low heat. While the onion is softening, peel and finely shred the ginger, peel the garlic and cut the tomatoes into quarters. When the onion is soft add the mustard seeds and cook until the seeds start to pop a little (*cover with a lid*).

Add the lentils, ginger, garlic, tomatoes, chopped and dried chillies and the ground turmeric, then pour in the stock or liquid.

Bring everything to the boil. Use a large spoon to skim off any froth that appears on the surface. Lower the heat and two thirds cover the pan with the lid. Leave to simmer steadily for about 20 minutes or until the lentils have started to fall apart.

Stir the soup occasionally to prevent sticking to the bottom of the pan. Before serving, check the seasoning, add salt if required then stir in the coriander, Blitz in a blender until smooth and serve.

Ann Farr 4th May 2011