

Lentil Soup

Ingredients

- 500g Red Lentils
- 250g Carrot
- 150g Diced Onion
- 150g Potato
- 200g Pancetta or Lardons
- 1 Knorr Ham Stock Cube

Options

- Skip the pancetta and stock cube for a vegetarian option.
- Add a tin of chopped tomatoes and a carton of passata for Lentil and Tomato Soup.
- Add a handful of washed risotto rice for Lentil and Rice Soup.

Equipment

- Sharp knife
- Potato Peeler
- Large Saucepan
- Kitchen Scales
- Spatula

Preparation

- Get the ingredients and equipment to hand
- Wash the lentils in a sieve, then wash them again. Then wash them again. Bought lentils are filthy with bits of grass, seeds and muck. The water should be clear – not murky!
- Dice the onion, but it is much easier to use frozen diced onion. There is no need to soften or pre-fry the onion.
- Peel and dice the potato and wash thoroughly to reduce the starch and scum in the soup!
- Peel and dice the carrot.

Method

Pop the washed lentils in the large saucepan and cover with water.

Add the stock cube.

Bring to the boil and simmer for 30 minutes or until the lentils are swollen and soft.

Keep an eye on this and stir from time to time.

You will need to add more water as the lentils swell.

Add the other vegetables and the pancetta, return to the boil and simmer for a further 30 minutes or until the vegetables are soft.

Keep an eye on this, and gently stir from time to time otherwise it will stick to the bottom and burn.

Taste and season with salt or pepper if required.

Notes

I'm going to repeat myself – wash the lentils thoroughly!

200g portion is approximately 1½ ladles, based on the size of ladle I use! You will get used to your own size through time.

This recipe is easy to scale down, but I make this quantity since 500g is a common bag size for lentils, and this gives you plenty extra portions to keep in the freezer.

The largest quantity I have made is 4-times this – enough for 40 “golf club” sized portions.



Portions

Number of portions	10
Final Portion Size	200g
Storage Container	Large Plastic

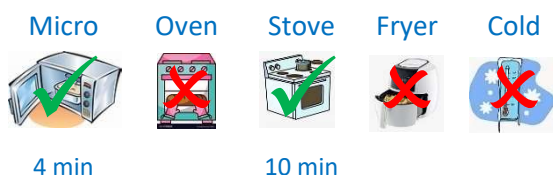
Storage

Serve fresh but also ideal for freezing in large plastic containers.

Allow to cool before freezing

Heating & Serving

Heating instructions from chilled are a guide only.



If reheating from frozen, increase heating times.

Preferably thawed overnight before heating.

If you heat on the stove top, be sure to thaw first, or stick in the microwave for a few minutes to start the defrost.

You can add extra milk or water if you think the soup is too thick.

Be sure the soup is piping hot throughout before serving.

Serve in a soup bowl or mug with crusty bread.

If you are heating from the freezer, I like to serve with part-baked baguettes or breads that I can prepare just ahead of time.

**Once defrosted, consume within 24 hours.
Do not refreeze.**

Techniques & Principles

Some of the basic techniques and principles are detailed elsewhere as, once you know them, you will have little need to refer back to them.

It reduces the clutter in the recipe sheet!

- Dicing and Slicing Onions
- Dicing and Slicing Potatoes
- Dicing and Slicing Carrots

Washing Lentils

Method 1: Pour the bag of lentils into a sieve or colander and plunge into a large pot of water.

Sloosh about until the water is getting dirty and remove the sieve of lentils. You might need to get your fingers in there to move them around and to help with the wash.

Replace the water with fresh, clean, water and repeat 3 or 4 times.

Method 2: You could try holding the lentils in a sieve under running water for a few minutes, but I prefer the Method 1 as you can really see the difference when the lentils are clean.

Method 3: Tip the lentils into a large pan or bowl and fill with water. Sloosh around then empty the water through a sieve. Return the lentils to the bowl and repeat 3 or 4 times. I still prefer Method 1 as this Method 3 can be a clert as you empty and refill the sieve.



Lentils before and after washing