



LENTIL, ROAST GARLIC & LIME SOUP

Sutton Soup #13 April 2019

Serves 6

This may seem like an odd combination of flavours but it really works! And it is unusual in that there is no stock and barely any chopping either... give it a go and see what you think.

Heather got the recipe from one of her ancient cookbooks and the soup on the night was cooked up by our amazing guest chef Peter del Campo.

INGREDIENTS

200g garlic bulbs

350g red lentils, thoroughly rinsed

1.5 litres water

1-2 limes (depending on how much lime you like!)

50ml olive oil

Heat the oven to 220C/Gas 7. Separate the garlic bulbs into cloves and lay them out on a baking tray, unpeeled. Roast in the oven for about 10 minutes, then put to one side and leave to cool.

When cool, remove the skins – now you have your roast garlic!

Put the lentils and water into a pan and bring to the boil. Simmer for 20 mins or so until the lentils are mushy.

Meanwhile, zest and juice your limes.

Take the pan off the heat and add the lime juice and zest, and the roast garlic. Blend with a stick blender and while you are blending, trickle in the olive oil so that it emulsifies. Season well with salt and pepper, as lentils benefit from generous seasoning.

Delicious and very nutritious!

