

6. Lentils 2024

Lentils meal

6 servings

Ingredients:

Lentils:

1 LB of dried lentils

7 cups of cold water

Cooking:

2 TBSP of frying oil - adjust if needed

1 large onion - peeled and finely chopped

2 TSBP of all-purpose flour

4 cups of water

¼ cup of distilled white vinegar

1 TSP ground Allspice

1 TSP of salt

½ TSP of ground pepper

Serve With:

Bread of your choice (best option would be rye bread)

Eggs (sunny side up or hard-boiled)

Pickles

Optional: Grilled or baked Polish Kielbasas

Final Touch:

Salt

Pepper – preferably freshly ground

Tools:

Measuring Spoons & Measuring Cups

Chef's Knife & Cutting Board

Medium Mixing Bowl (about 3 - 4 QT)

Plate

Colander

Large Saucepan or Medium Pot (about 6 QT)
Wooden Spoon or High-Temperature Silicone Spatula
Small Hand Grater or Garlic Press (for garlic)

Directions:

Already Prepared:

1. Soak Lentils:

Important:

Soaking the lentils will significantly speed up the cooking process. You can optionally skip soaking, but you will need to expect a longer cooking time and plan to add more water in step 3.

1.1. Place into a medium mixing bowl:

1 LB of dried lentils
7 cups of cold water

Thoroughly stir.

1.2. Cover with a plate and let sit in water until partially softened (about 8 hours or overnight).

1.3. Before cooking, drain the lentils over a colander.

Start here:

2. Sauté:

2.1. Preheat a pot on medium-high heat with **2 TBSP** of frying oil and add:

1 large onion - finely chopped

Sauté with occasional stirring until glossy (about 2 - 3 minutes).

2.2. Then lower heat to medium and dust onion with:

2 TSBP of all-purpose flour

Thoroughly stir until the onion is coated with flour.

3. **Stew:**

3.1. Add:

Lentils

4 cups of water

¼ cup of distilled white vinegar

1 TSP ground Allspice

1 TSP of salt

½ TSP of ground pepper

Briefly stir.

3.2. Cook with occasional stirring until the lentils reach a pleasant texture and the desired thickness – taste it before terminating the cooking (I usually go for a thick porridge consistency, which takes just about 5 – 10 minutes).

Important:

- Some kinds of lentils or lentils that have not been soaked for a long enough time may take longer to cook.
- Taste before completing this step.
- Add more water if the liquid dilutes too much during cooking.

3.3. Taste and add salt and pepper if needed.

4. **Plate & Serve:**

4.1. Place lentils on individual plates.

4.2. Gently salt and pepper.

4.3. Serve with bread of any kind (preferably rye bread), eggs (sunny side up or hard-boiled), pickles, and optionally with grilled or roasted Polish kielbasa.

Bonus Recipe:

Coffee Bean Pralines

About 20 pralines

Ingredients:

3.5 OZ of ladyfingers

½ cup of confectioners' sugar

3 TBSP of cocoa powder

1 TSP of ground cinnamon

2 TBSP of strong coffee

1 TBSP of rum extract*

5 TBSP of butter – room temperature – adjust if needed

*I use this one: <https://tinyurl.com/yeu2jfub>

Tools:

Measuring Spoons & Measuring Cups

Kitchen Food Processor

Medium Mixing Bowls (about 3 - 4 QT)

Silicone Spatula

0.75 FL OZ disher or Kitchen Scale or set of spoons

Knife

Directions:

1. **Praline Dough:**

1.1. Place into a kitchen processor:

3.5 OZ of ladyfingers

A process on high speed until a fine texture is reached.

1.2. Add:

½ cup of confectioners' sugar

3 TBSP of cocoa powder

1 TSP of ground cinnamon

2 TBSP of strong coffee

1 TBSP of rum extract

5 TBSP of butter – room temperature

A process on medium speed until thoroughly combined and a dough-like texture is reached.

Important:

If you believe that your praline dough is too thick, you can consider adding a little more butter.

2. Form Pralines:

- 2.1. Using a 0.75 FL OZ disher scoop level portions, place on the cutting board and cut in half or with your hands and a scale, separate into about **0.5 OZ** of praline dough pieces.
- 2.2. Using your hands, roll into nice round balls.
- 2.3. Then again, using your hands, roll into the shape of an American football (prolate spheroid).
- 2.4. Place on a cutting board and gently cut the top lengthwise, and try to open the tips to create the effect of a coffee bean.

3. Resting & Storing:

- 3.1. When all pralines are done, place them into a fridge and let them rest, and settle for at least one hour before serving.
- 3.2. Store in a refrigerator.

Disclaimer:

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- outcome of preparation
- any health risk related to the incorrect handling of food and/or not following USDA recommendations, such as but not limited to, following the minimum safe serving temperatures
- provide health and dietary advice to readers
- safety during preparation, including incorrect handling of equipment and the equipment's suitability for food preparation, improper cooking techniques, sourcing of ingredients, and anything related to the preparation and consumption of the products of this recipe

All readers are responsible for evaluating if the recipe and its' ingredients and steps fit with their dietary restrictions and can adjust accordingly.