

What to prepare before class:

## 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

Also prepare:

Frying oil

A couple kielbasas

4 eggs

6 pickles (small or medium)

Optionally: Fresh Bread

Final Touch:

Salt

Pepper – preferably freshly ground

Tools:

Measuring Spoons & Measuring Cups

Chef's Knife & Cutting Board

Pairing Knife

Medium Mixing Bowl (about 3 - 4 QT)

Plate

Colander

Large Saucepan or Medium Pot (about 6 QT)  
Baking sheet with parchment paper or silicone matt  
Wooden Spoon or High-Temperature Silicone Spatula  
Small Hand Grater or Garlic Press (for garlic)

Additional preparation steps:

**About 8 hours before class or the night before class:**

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.

---

**Bonus Recipe:**

## Coffee Bean Pralines

About 20 pralines

Ingredients:

Praline dough:

**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

Additional preparation steps:

No additional preparation steps are needed.

---

Please let me know if you have any questions: [tom@cookinghub.com](mailto:tom@cookinghub.com)