

Lentil Soup

Red split lentils have a wonderful, natural peppery flavour which, IMO, should be the dominant flavour of Lentil Soup. Hence, this is little in the way of recipe and more of a note about quantities.

Planning

serves:	2
prep time:	n/a
cooking time:	50 mins

Ingredients

1 ltr light, homemade
chicken stock
150g red split lentils
Salt & pepper

Method

The culinarily fastidious may wish to rinse the lentils first but note that these do not need soaking, unlike many dried pulses.

Tip the (rinsed) lentils into the chicken stock in a suitably sized saucepan and bring gently to the simmer, stirring occasionally to stop the lentils sticking to the bottom of the pan. Simmer for 45 minutes, stirring occasionally.

Red split lentils disintegrate, retaining just a little texture, so blitzing isn't really necessary but if you want a perfectly smooth finished soup then use a stick blender. Adjust the seasoning. I use only salt because of the natural pepperiness of the lentils.