

Taste is in our nature



Red lentil soup with onion topping

Serves 6

INGREDIENTS:

- 1½ cup red lentils
- 6 cups vegetable stock
- 1 large brown onion, finely diced
- 1 teaspoon ground cumin
- 1 tablespoon lemon juice
- salt and freshly ground pepper to taste

For onion topping:

- 2 large onions
- ¼ cup lightly flavoured, extra virgin olive oil
- 2 cloves garlic, crushed with some salt
- 2 tablespoons finely chopped Italian parsley
- lemon slices

DIRECTIONS:

Place the lentils in a sieve and rinse under running water.

Bring stock to the boil in a large saucepan. Add lentils and stir briefly. Add the finely diced onion. Bring to the boil, cover and simmer gently for 30 minutes without stirring.

Towards end of cooking, remove lid to allow some liquid to evaporate if soup seems too thin. (Lentils will stick to the bottom of the pan if stirred during cooking.)

To make the topping, cut the large onions in half lengthwise and slice thinly into half-moons.

Heat olive oil in a frying pan, add onions and cook gently, stirring often until soft and golden brown. Add garlic, cook a few seconds until it turns white and remove from heat.

Puree soup if desired with a hand-held blending wand.

Add cumin, lemon juice and salt and pepper to taste.

Ladle soup into hot bowls, topping each serve with a spoonful of the onion mixture.

Serve topped with a lemon slice and a scattering of parsley.

Extra good quality olive oil can be drizzled over the onions if desired.

Serve with crispy bread.

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