

Basic Lentils

Swick

Makes 2 cups | Active Time: 10 minutes | Total Time: 40 minutes

Chef's Notes

*Brown or green cook do not cook the same as yellow, red or orange lentils. Brown lentils cook quickly and more evenly, without becoming mushy. Whereas, yellow, red and orange lentils become mushy once cooked.

Cooked lentils will keep in the refrigerator for about a week.

To make into a salad, season the lentils with olive oil, lemon juice, vinegar and fresh herbs.

Any amount of lentils can be cooked, just be sure to maintain the 2:1 ratio of water to lentils.

Step 1: Cooking the Lentils

- 1 cup dried brown, green or French lentils* (see note below)
 - 2 cups water
 - 1 bay leaf
 - 1 to 2 garlic cloves (optional)
 - 1/2 tsp sea salt, or to taste
- To start rinse the lentils under cold water — removing any debris or rocks.
- Next, combine together the lentils, water, bay leaf and garlic. Reserve the salt for later, once the lentils have finished cooking (salt or other acidic ingredients are often added at the end, as they can sometimes cause the lentils to stay a bit crunchy even when fully cooked).
- Bring to a boil, then turn the heat down to low and cover the pot. Let it cook for 20 to 30 minutes, or until fully cooked through.
- Once the lentils are soft and cooked through, remove the bay leaf and add the salt. Adjust the seasoning to your liking.
- Serve as a side or add to your favorite salad, grain or other recipe.