

Lentil Preparation Basics

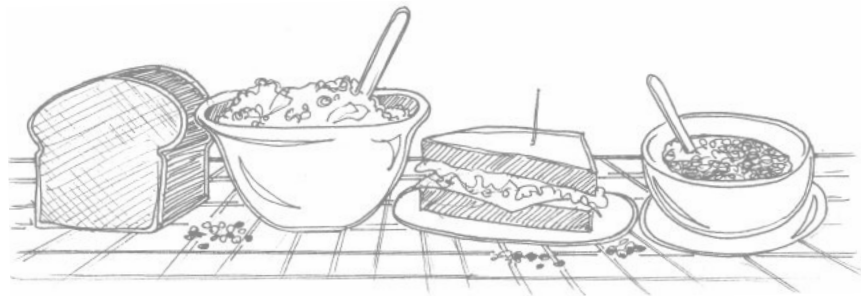
Cooking Lentils

There is no need to pre-soak lentils.

Lentils will cook in approximately 25 minutes.

For plain cooked lentils add one cup of lentils to three cups of boiling water. Simmer for about 25 minutes. These cooked lentils may be puréed for use in other recipes such as hummus or in baking.

When preparing soup, chili or spaghetti sauce, the lentils are added directly to the recipe as it cooks and will take about twenty minutes to be soft and ready to eat.



Sprouting Lentils

To sprout lentils put a small amount of lentils in a jar or other glass container. Add water to completely cover the lentils. Let them stand for 12 hours. After soaking for 12 hours drain the water off and then rinse them with cold water and drain. Every 12 hours rinse and drain again. Soon sprouts appear and will continue to grow and fill up the jar. In about three days the sprouts are ready to eat. Store in the fridge and use within one week.

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