LENTILS



A Cooking Guide for Common Varieties

	TYPE	DETAILS	COOKING TIME
BROWN (Whole)		 range in color from light brown or khaki to dark brown mild, earthy flavor commonly found in grocery stores hold shape well during cooking use in salads, soups, stews, casseroles, or veggie burgers 	35 – 45 mins.
GREEN (Whole)		 range in color from pale to olive green to blue slate color rich, earthy flavor, slightly more bold or peppery than brown lentils similar to brown lentils in shape and texture; hold shape well considered a high-quality lentil generally, more expensive than brown or red varieties use in salads, side dishes, as a base for fish or meat 	35 – 45 mins.
RED OR YELLOW (Split)		 range in color from red to orange to yellow milder, nutty, sweet flavor "split" in half with the outer seed coating removed become very soft and lose shape when cooked; easily pureed commonly used in Indian Dal and Middle Eastern cuisine 	 On their own: 7 - 15 mins. In soup, stew: 15 - 30 mins.
SPECIALTY (Whole)		 French Puy Lentils from the Le Puy region in France dark slate color, shades of green and gray hold their shape very well rich, peppery flavor tend to be more expensive commonly used as the center of the meal or featured side dish 	20 – 30 mins.
		Black Beluga Lentils small, shiny black color when cooked, similar look as caviar full-bodied, earthy flavor similar to a black bean hold their shape well considered the most nutritious of all lentils tend to be more expensive commonly used as the center of the meal of featured side dish	25 – 30 mins.

General Stove-top Cooking Instructions

In most situations, 1 cup dried lentils will produce about 2 1/2 cups of cooked lentils.

- 1. Place 3 cups liquid (water, broth, or stock) into a large saucepan with a cover. Add 1 cup of dry lentils that have been sorted, thoroughly rinsed, and drained.
- 2. To infuse flavor into lentils while simmering, select fresh or dried herbs, a bay leaf, diced or sliced onion, and whole or crushed garlic cloves. This is optional and dependent on how the lentils will be used.

NOTE: Do not add salt or acid to the cooking water, as it can affect absorption and make the lentils tough.

- 3. Bring to a low boil, cover tightly, reduce the heat and simmer *gently* over low heat until they are tender. Consult specific recipes for precise cooking times. Drain any remaining liquid.
- 4. Season lentils with a small amount of salt and splash of acid after cooking is complete. Toss gently to distribute. Taste and adjust seasonings as needed.

Canned lentils may be used at room temperature, chilled in salads or heated in soups, stews, casseroles and other dishes.

© 2024 Love + Craft Kitchen, LLC, All Rights Reserved