

Lentil Hummus Bar

Yield: 10 Quarts

Ingredients	Amounts
Sundried Tomato and Split Red Lentil Hummus (recipe follows)	1 recipe
Green Lentil, Garlic, and Leek Hummus (recipe follows)	1 recipe
Split Red Lentil, Carrot, and Walnut Hummus (recipe follows)	1 recipe
Green Lentil and Fennel Hummus (recipe follows)	1 recipe
Split Red Lentil and Sweet Potato Hummus (recipe follows)	1 recipe
<i>Garnishes and accompaniments</i>	
Popped lentils (recipe follows)	1 recipe
Crispy roasted lentils (recipe follows)	1 recipe
Pickled lentils (recipe follows)	1 recipe
Lentil falafel (recipe follows)	1 recipe
Chopped herbs	
Extra virgin olive oil	
Flakey sea salt	
Pita, bread, tortillas	
Lettuce leaves	
Za'atar spice	
Curry spice	
Toasted nuts	
Feta cheese	
Roasted red peppers	
Diced tomatoes	
Harissa	

Lentil Purée

Yield: 3 to 4 Cups

Ingredients	Amounts
Lentils, rinsed split red or whole green	1 ½ cups
Water	4 cups

Method

1. Bring lentils and water to a boil. Cover and simmer for 7 to 9 minutes for split red lentils, or 20 to 25 minutes for whole green lentils.
2. Drain, reserving the liquid.
3. Add ¼ cup of the lentil liquid back into the lentils. Purée in a blender or food processor until smooth.

Note: Excess purée can be refrigerated for up to one week, and frozen for up to 3 months.

Sun-Dried Tomato and Split Red Lentil Hummus

Yield: 2 Quarts

Ingredients	Amounts
Split red lentil purée	4 cups
Sun-dried tomatoes in oil	8 oz.
Canola oil	8 oz.
Garlic, minced	1 oz.
Salt	1 oz.

Method

1. Combine all the ingredients in a food processor and blend on high for 3 minutes. Chill.

Green Lentil, Garlic, and Leek Hummus

Yield: 2 Quarts

Ingredients	Amounts
Canola oil	2 oz.
Onions, minced	1 cup
Garlic, minced	1 oz.
Celeriac, minced	½ cup
Carrots, minced	½ cup
Leeks, minced	1 cup
Salt	as needed
Ground black pepper	as needed
Whole green lentil purée	4 cups
Thyme and rosemary sprigs	1 ea.
Bay leaf	1 ea.
Butter	3 oz.

Method

1. Heat oil in a sauté pan and sauté onion until translucent. Add garlic and heat through until fragrant.
2. Add celeriac, carrots, and leeks and continue to cook, stirring until softened, about 4 to 5 minutes. Season with salt and pepper.
3. Add lentil puree, rosemary, thyme, and bay leaf. Simmer until all ingredients are completely tender and flavors are combined.
4. Process the lentil mixture with the butter to create a smooth paste. Add any liquid as needed.
5. Adjust seasoning to taste and serve warm or chilled.

Split Red Lentil, Carrot, and Walnut Hummus

Yield: 2 Quarts

Ingredients	Amounts
Carrots, peeled, large dice	2 cups
Canola oil	2 oz.
Salt	as needed
Garlic, minced	1 oz.
Split red lentil purée	4 cups
Walnut pieces, lightly toasted	½ cup
Lemon, juice of	1 ea.
Harissa paste	1 tsp.
Curry powder, ground	½ tsp.
Ground black pepper	as needed
Water, to cover	as needed

Method

1. Coat carrot with ½ an ounce of oil and salt and roast in 350°F oven until very tender, about 15 minutes. Cool.
2. Combine all the ingredients in the bowl of a food processor and process until smooth, adding liquid as necessary to create a thick, smooth paste.
3. Adjust seasoning and serve warm or chilled.

Green Lentil and Fennel Hummus

Yield: 2 Quarts

Ingredients	Amounts
Canola oil	2 oz.
Onion, medium dice	½ cup
Fennel bulb, medium dice	1 ea.
Garlic, minced	1 oz.
Whole green lentil purée	4 cups
Anise or fennel seed, ground	1 tsp.
Tahini paste	½ cup
Lemon, juice of	1 ea.
Salt	as needed
Ground black pepper	as needed
Water	as needed

Method

1. Heat oil in a sauté pan and sweat the onion and fennel until softened, about 5 minutes.
2. Add garlic and cook until fragrant. Set aside to cool.
3. Combine all the ingredients in the bowl of a food processor and process until smooth, adding liquid as necessary to create a thick, smooth paste.
4. Adjust seasoning to taste and serve warm or chilled.

Split Red Lentil and Sweet Potato Hummus

Yield: 2 Quarts

Ingredients	Amounts
Sweet potato, peeled, diced	1 cup
Garlic cloves	4-6 ea.
Water to cover	as needed
Canola oil	2 oz.
Tahini paste	¼ cup
Split red lentil purée	4 cups
Lime, juice of	2 ea.
Cilantro, minced	2 Tbsp.
Salt	as needed
Ground black pepper	as needed
Cumin, ground	1 tsp.

Method

1. Simmer sweet potato and garlic cloves in water until very tender. Drain, reserving liquid.
2. Combine all ingredients in the bowl of a food processor and process with enough potato cooking liquid until a thick and smooth puree is achieved.
3. Adjust seasoning to taste and serve warm or chilled.

Popped Lentils

Yield: 1 Cup

Ingredients	Amounts
Canola oil	2 oz.
Whole green lentils, cooked, drained	1 cup

Method

1. Heat a skillet on medium high heat with the oil and add the lentils.
2. Swirl the pan around and toss the lentils in the oil.
3. The lentils will start to sizzle and pop. When the lentils are crispy and the edges are dried drain on paper towels. This will take about 5 to 10 minutes.
4. Season with salt and pepper if desired.

Crispy Roasted Lentils

Yield: 1 Cup

Ingredients

Amounts

Split red lentils

1 cup

Method

1. Soak lentils for 1 hour.
2. Drain water, then roast at 350°F for 20 to 25 minutes. Cool.

Pickled Lentils

Yield: 1 ½ Cups

Ingredients	Amounts
<i>Lentils</i>	
Whole green lentils	½ cup
Split red lentils	½ cup
<i>Brine</i>	
Bay leaf	1 ea.
White wine vinegar	1 cup
Sugar	½ cup
Water	½ cup
Shallots, minced	2 Tbsp.
Garlic, minced	1 tsp.
Yellow mustard seeds	2 tsp.
Coriander seeds	2 tsp.
Ground turmeric	½ tsp.
Lemon, zested, ½ inch strips	1 ea.
Crushed red chili flakes	¼ tsp.

Method

1. Rinse and sort the lentils.
2. Place lentils into separate small saucepans with 4 cups of water. Bring to a simmer and cook until almost tender. For the split red lentils, about 5 minutes. For whole green lentils, about 16 to 18 minutes.
3. Drain and spread on a baking sheet to cool.
4. *For the brine:* Add all ingredients to a sauce pot. Bring to a quick boil and remove from heat. Cool.
5. *For the pickling:* Combine cooled lentils and brine in a non-reactive container and refrigerate for 12 to 24 hours.
6. Serve as desired.

LENTIL FALAFEL

Yield: About 20 Falafel Balls

Ingredients	Amounts
Whole green lentils	1 cup
Split red lentils	1 cup
Onion, roughly chopped	2 cups
Parsley, chopped	¾ cup
Cilantro, chopped	¾ cup
Salt	2 tsp.
Dried hot red pepper	½ tsp.
Garlic cloves	6–8 ea.
Cumin	2 tsp.
All-purpose flour (if needed)	½ cup
Baking powder	2 tsp.
Canola oil, for frying	as needed
<i>Garnish</i>	
Tomato, diced	2 ea.
Onion, diced	2 ea.
Green bell pepper, diced	2 ea.
Lettuce, shredded	1 hd.
Lentil hummus (recipe index)	
Whole wheat pita	

Method

1. Place the red split lentils in a large bowl and add enough cold water to cover them by at least 2 inches; soak for 1 hour. Drain.
2. Place the whole green lentils in a large bowl and soak overnight. For a quick soak, place them in a pot covered by 2 inches of water and bring to a boil. Remove from heat, drain and cool.
3. Place the drained lentils and the onions in the bowl of a food processor. Add the parsley, cilantro, salt, hot pepper, garlic, and cumin. Process until blended but not puréed – it should look mealy. If needed, add a bit of flour.
4. Sprinkle in the baking powder, and adjust seasoning to taste.
5. Form the mixture into balls about the size of walnuts, using water to wet hands so the balls don't stick.
6. Heat 3 inches of oil to 350°F in a deep pot or wok and fry 1 ball to test. If it falls apart, add a little flour. Fry the balls until golden brown; drain on paper towels.
7. Serve with whole wheat pita, lentil hummus, and garnish with tomato, onion, lettuce and peppers.