

Green Lentils with Carrots, Onions & Deep-fried Bread

Ingredients:

1 cup dried green lentils
2- 2 1/2 cups water per cup of lentils
1 cup onion, diced
1 cup carrots, diced
1/4 tsp. sea salt
1/2 tsp. Shoyu (Japanese soy sauce)
2 slices of unyeasted sourdough bread or any other choice
Safflower oil

Sort through and pick out any debris or bad lentils you might find. Then wash the lentils. Layer the onions, carrots and then the lentils in a saucepan or pot. Add water until it just covers the top of the lentils. Bring to a boil, reduce heat to medium-low and then cover. Simmer for 40-45 minutes or until the lentils are at least 80% done. Season with sea salt and cook for 5-7 minutes and then add the shoyu and cook for another 5 minutes. You can stir and taste, if it needs more seasoning you can add it then. Also, if there is a lot of liquid left you can continue to cook the lentils with the cover off. Also, the bread will absorb any excess liquid.

How to Deep-fry Bread

Fill a deep fry pan with an inch or two of safflower oil. Let it get hot. You can test it by dropping in a piece of bread and if it sinks and pops up quickly, it is the right temperature. Fry the bread until it is golden brown. Turn it over to fry the other side.

Cut into bite-size pieces and then right before the lentils are served, mix them into the lentils. Since lentils are a very dry bean, the fried bread adds a delicious richness to this dish.