

FAMILIES OF THE WORLD PROJECT RECIPES

SYRIAN LENTIL SOUP ('SHORBAT ADAS)

Recipe rights and credit to: ASMAHAN ALATTRASH*

*Please acknowledge (through print) when using on menu

INGREDIENTS (SERVES 4-6)	
QUANTITY	INGREDIENTS
120ml	olive oil (or half unsalted butter half olive oil)
2	medium white onions
380g	split red lentils, washed and drained beforehand
1 tsp	salt
1 tsp	black ground pepper
2	carrots, diced
1	potato, peeled and diced
1	large tomato, diced
2 cubes or 2 tbsp	vegetable stock or bouillon
2-3 cloves	garlic, finely chopped
2 litres	boiling water
zest of 1/2	lemon
1/2 tsp	turmeric
1 tsp	toasted crushed cumin seeds
1/2 tsp	crushed chillies
1/2 juice	lemon or lime

Preparation notes before the session: lentils and vegetable chopping (method above)

EQUIPMENT
chopping board
knife
one big pot with lid
measuring jug for water and oil
stirring spoon
1 tsp
colander
hand blender
grater

RECIPE METHOD**DISH ELEMENT NAME: LENTIL SOUP**

STEP 1	In the pot on a medium high heat, heat the oil.
STEP 2	Add onions and fry for 2-3 minutes.
STEP 3	Add black pepper and salt (Asmahan uses pink himalayan salt if you have it)
STEP 4	Add the potato, still stirring occasionally.
STEP 5	Then add the carrots and stir
STEP 6	Sprinkle the first vegetable stock into the mixture (with no water added yet) and mix to fry and seal the flavours together. Cover and cook on a low heat until vegetables are soft.
STEP 7	Add the tomato after about 5 minutes to give a sour flavour. stir.
STEP 8	Add the drained lentils and mix in to coat them with the vegetable oil mixture.
STEP 9	Add garlic, zest of lemon and stir.
STEP 10	Add the second cube or tbs of stock and stir.
STEP 11	Add the turmeric.
STEP 12	Add the boiling water and turn to high heat to bring to a boil.
STEP 13	Cover and leave for 15 minutes to simmer until lentils are soft and have dissolved. You are looking for a nice creamy texture.
STEP 14	Turn off the heat and blend with handblender.
STEP 15	Sprinkle cumin and chilli and stir in (could add a little sprinkle as decoration).
STEP 16	Squeeze juice of lemon just before serving, or serve with a wedge of lemon for customers to do themselves.