

# Recipes



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Lentil Salad from: "Mediterranean Cookery" by Claudia Roden

This simple Egyptian salad can be made with green or brown lentils, but not the split red ones.

8 oz. green or brown lentils 1 teaspoon ground cumin (optional)

Salt 3 spring onions, finely chopped

Juice of 1/2-1 lemon Small bunch of parsley or mint, finely chopped

Pepper

Soaking the lentils only makes them cook a little faster and is not really necessary. Simmer in enough fresh water to cover for 20-30 minutes or until tender, adding a little salt towards the end. Drain and immediately mix with the remaining ingredients so that the hot lentils absorb the dressing.