Lentil Mélange

Lentils
10 g yellow lentil
10 g green lentil
10 g red lentil
10 g black eyed peas
10 g kidney beans

Soak lentils and boil them until cooked.

Leaves
Red amaranth leaves
Green amaranth leaves
Roselle leaves
Beetroot leaves
Radish leaves

Sauté the leaves and mix in some herb dressing.

Smoked Lentil Puree:
Red lentil (masoor dal)
Onion
Garlic
Salt
Black pepper

Char the raw soaked lentil. Cook it with the rest of the ingredients until super soft. Blend to a puree consistency and adjust the seasoning.

Lentil Vadi:
50 g black lentil (urad dal)
5 g ginger
5 g green chili
Coriander root
Salt
Black pepper

Soak the lentil overnight. Crush the lentil with the rest of the ingredients except salt with a stone pestle and mortar. Let it ferment for 6 hours at room temperature. Then, add the salt and fry in oil.

Herb Dressing:
20 ml lemon juice
5 g mustard paste
10 ml orange juice
100 ml olive oil
10 g mixed herbs
Salt
Pepper

In a blender, add everything except oil and blend. Then slowly drizzle the oil in the blender while it is blending to make a thick dressing.

Plating:
In a hot pan, add some garlic and the cooked lentils and beans. Sauté and adjust the seasoning using the herb dressing. Heat the puree and sauté the leaves. Fry the lentil vadi. Arrange everything on a plate and serve hot.

HELP PLANT THE SEED FOR A MORE DIVERSE, SUSTAINABLE, & DELICIOUS FUTURE:
food4ever.org @foodforever2020 | chefsmanifesto.com @chefsmanifesto