

Red Lentil Soup

This recipe consists of red lentils with a brunoise of sauteed veg served in a vegetable broth.

step by step

Put the lentils in water to boil.

While the lentils are boiling, prepare the veg that consists of a brunoise of onion, carrot, celery and chilli.

Sautee the veg in a small pot with some butter until soft adding the ginger and garlic by grating them in as the cook.

Take the lentils out of the water when they are just still a bit hard to prevent them over cooking when we put them in the broth. We do this by straining the lentils from the water and keeping them to the side for when needed.

When the veg is soft add the lentils to the pot of sauteed veg and add veg stock and allow to simmer until the lentils are soft. Garnish with coriander.

ingredients



*Recipe by Dylan Byrne, Culinary Arts, 1st year
Design by Laura Dempsey, 3rd year*

Anraith Lintilí Rua

Comhdhéanann an t-oidéas seo le lintilí rua agus glasraí sótáilte, á riaradh i mbrat glasraí.

modh

Chun an t-oidéas a thosú, cuirimid ár lintilí in uisce chun iad a bheirigh.

Agus na lintilí ag beiriú, ullmhóimid ár nglasraí, brunoise oinniúin, cairéid, soilire agus sillí san áireamh.

Sótáilimid ár nglasraí i bpota beag le roinnt ime go dtí go bhfuil sé bog ag cur isteach an sinséar agus an ghairleog, ag grátáil iad fad atá siad ag cócaráil.

Tógaimid ár lintilí amach as an uisce nuair atá siad fós saghas crua chun róchácaireacht a choisc nuair a chuirfimid iad sa bhrat, chun é seo a dhéanamh scag na lintilí ón uisce agus chuir siad i dtaisce go dtí go bhfuil siad ag teastáil.

Nuair atá ár nglasraí boga cuirimid ár lintilí inár bpota leis na glasraí sótáilte agus cuir stoc glasraí isteach.

Lig don uisce a bheirigh go dtí go bhfuil na lintilí boga.

Maisigh le lus an choir.

comhábhair



*Oideas le Dylan Byrne, Culinary Arts, 1st year
Irish translation by John Kennedy, 2nd year
Design by Laura Dempsey, 3rd year*