

The World of Lentils

Time to Get Cooking!



How Do I Cook These Little Gems?

- **Pick the right lentil for your dish.** Here are some recommendations; but remember, advice can be ignored! Be brave, be adventurous, and experiment a little.

Lentils with the skins on (**Black Beluga Lentils®**, **French Style Lentils**, **Pardina Lentils**, or **Green Lentils**) hold their shape when cooked and are good for salads, baked casseroles, veggie burgers, and hearty soups.

Timeless “decorticated” lentils have the dark skins removed leaving bright reddish orange (**Petite Crimson Lentils**) or sunny yellow (**Harvest Gold Lentils**) seeds. They cook quickly and are often used to make purees, dips, and creamy soups.

Try this with Petite Crimson or Harvest Gold Lentils: just soak them for an hour in water. The color becomes even more vibrant, they have a great fresh taste, and are soft enough to eat but still have a bit of a veggie "bite."

- Unlike beans and chickpeas, **lentils don't need to be soaked before cooking.** Though you can substitute soaking for cooking in order to use decorticated lentils for salads.
- To cook, use about twice as much water as lentils. **Bring the water to a boil, then add lentils, and reduce the heat to low.** Start your timing when you've added them and slowly simmer to cook.
- **DO NOT add salt, vinegar, or acidic ingredients** like tomatoes to the cooking water; salt and acids retard the cooking and can toughen the lentils. Add these ingredients when the lentils are nearly done.
- **Add a squeeze of lemon or a teaspoon of vinegar after cooking,** but before draining, to liven up the flavor.
- **Cooking times are specific to the variety** and processing; lentils with skins removed cook in as little as 5 to 10 minutes, lentils with skins may take as long as 30 minutes or more to cook. (Check the cooking instructions on the package.) As they say, your results may vary.

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