LEO TEATERO

Indian Lentil Soup

I found this recipe on line years ago, and I have been serving it regularly ever since! The soup at the Aladdin Café in Kansas City inspired it originally. It truly is easy as pie, takes under 30 minutes and sets off tastes buds whenever I serve it.

Metric /Imperial

2 tbsp. /25g of olive oil
3 large carrots cut into small pieces
2 medium onions cut into slices and small pieces
4 tbsp. /100g of minced garlic
1½ tbsp. /25g of kosher salt
1 tbsp. /15g freshly cracked peppercorns
2 tbsp. ground cumin
1½ tbsp. of ground curry powder
2 cups /500g of red or pearl lentils
2 cups /500ml of chicken or vegetable stock
6 cups /1500ml of boiling water
1 cup /250g of whole kernel corn
Zest and juice of 1 large lemon

Melt the butter in a large frying pan, large soup pot with a thick bottom or a Dutch oven. Add the onions and carrots and cook until the onions become translucent and the carrots soften. Add the dried herbs, garlic, salt and pepper and cook for 2 minutes until fragrant.

Add the stock, corn, lentils and boiling water, stir the mixture and bring to a good boil. Reduce temperature to medium low, and simmer the soup. Cover and stir occasionally, until the lentils break apart and are tender., about 15 minutes. Remove it from the heat and using a hand blender, pulse the soup into tiny chunks. You do not want any large pieces, but some kernels should be left whole. Be careful, as the soup is hot and can splash. Add lemon zest and juice. Adjust with salt and pepper if needed. Garnish with a dollop of yogurt or cream and serve with thick country bread and butter.

It freezes beautifully. When reheating you can add a little water.