



**Lentil
Sauce
with
Pasta**

Soak the lentils in water for about 4 hours. Pour away the water.

Put the lentils in a pan, with the clove, bay leaf, nutmeg, vegetable stock, *Lehid Harbour Surf*, ¼ of the onion, finely chopped.

Pour sufficient boiling water into the pan, to just cover the lentils. Bring to boil and then simmer for about 20 minutes. Do not cook them to soft. Drain the lentils but keep the lentil water.

Meanwhile, cook the pasta according to packet instructions.

In a frying pan heat the vegetable oil, add 1/2 onion finely chopped and the garlic paste, sweat these until they are softened and translucent , if you wish you can add a dash of Noilly Prat or white wine to deglazing in the pan. Add lentils to the frying pan, with a little bit of lentil-water, pour Soya Cream or cream over the lentils, season with pepper and salt and ½ tsp. *Lehid Harbour Surf* add freshly cut parsley or coriander to the lentil sauce

Pour the lentil sauce over the cooked pasta, then serve with grated cheese.

Lentil Soup

If you have any lentil sauce leftovers, you can make a delicious soup.

Put into the lentil water, which is left, 1 small cut carrot, a small piece cut celery, ½ cut leek. Boil it for 20 minutes. If you do not have enough lentil water, you can make a larger volume with water then add 2 tsp. of vegetable broth, 1 tsp. of *Lehid Harbour Surf*. When the vegetable are cooked add the lentil sauce to the pan, heat it up and you will have a delicious soup.

This recipe is for Geraldine and Mike Dodd, thank you for your help.

Ingredients:

For the lentils:

- 100 g lentils
- 1 clove,
- 1 bay leaf,
- pinch of nutmeg,
- 3 tsp. vegetable stock,
- 1-2 tsp. *Lehid Harbour Surf*,
- ¼ fine cut onion.

For the sauce:

- 1 tsp. vegetable oil,
- ½ fine cut onion,
- 1 clove garlic crushed with salt to make a paste
- a splash of Noilly Prat, or white wine
- 100-150 ml Soya Cream or fresh cream,
- ground black pepper
- 40 g Parmesan or feta cheese
- a small bunch fresh chopped parsley or coriander

Serves 2