

Sip, Slurp and Savour ...

The Chefs' House at George Brown College Lentil Soup with Garlic and Tamarind

Ingredients

- ¼ cup Yellow Split Lentils
- ¼ cup Red Split Lentils
- 7 cups water
- Salt to taste
- 2 tsp Brown Sugar
- 4 tbsp Vegetable Oil
- 1 tsp Mustard Seeds
- 1 tsp Cumin Seeds
- 15 Curry Leaves
- 8 cloves Garlic peeled and Chopped
- 2 tsp Tamarind (diluted with 12tbsp of water)
- 2 tsp Sambhar Powder
- 2 tsp Turmeric
- 2 tbsp Coriander leaves



soupalicious.ca

DIRECTIONS:

1. Rinse lentils and put in a heavy pan bring to a boil simmer until mushy, skim the scum and add the salt and brown sugar.
2. Heat oil in a separate pan, add mustard seeds until they crackle, add cumin seeds, curry leaves and garlic. Fry for a minute and add the tamarind water.
3. Stir in the sambhar powder.
4. Pour hot lentils into the tamarind mixture. Bring to a boil finish with fresh chopped coriander.

the chefs' house
www.thechefshouse.com



Recipe courtesy of
THE CHEFS' HOUSE
215 King Street East
Toronto, ON M5T 2T9
www.thechefshouse.com

For more information, visit www.soupalicious.ca