

Recipes and Tips



Red Lentil Barley Stew

Serves 2

1 tablespoon extra-virgin olive oil,
1 sliced onion
1 carrot, diced
22 g chopped fennel,
Small bunch coriander
1 garlic clove, minced
½ teaspoons salt, more to taste
1 tablespoons tomato paste
1 ½ teaspoons garam masala
¼ teaspoon ground turmeric
½ a cinnamon stick
470 ml vegetable or chicken broth
50 g pearly barley
50 g red lentils
1 tablespoon fresh lemon juice, plus lemon wedges for serving

In a Dutch oven or soup pot, heat oil over medium-high. Add onion and cook, stirring often, until tender and beginning to brown, about 10 minutes.

Stir in carrots, fennel, coriander, garlic and salt. Cook until the garlic is fragrant, about 2 minutes. Stir in tomato paste, garam masala, turmeric and cinnamon stick, and cook until the tomato paste begins to caramelize, about 2 minutes.

Add the broth, barley and red lentils, and bring to a boil. Lower heat and simmer for 1 hour to 1 ½ hours, stirring occasionally, until the barley and lentils are tender. (Add some water if the pot starts to look dry; this can be as thick or soupy as you like.)

Stir in a tablespoon of lemon. Taste stew and add salt and lemon juice if needed.