

Lebanese lentil Soup

This is my favourite lentil soup for flavour and also for its simplicity. I recently made it on our return from Devon as I had nothing in the fridge; a very satisfying bowlful after 2 weeks of scrappy holiday fare.

Nb. This time I used pickled lemons and frozen coriander in place of fresh

2 onions, finely chopped	1 x 425g tin of plum tomatoes or 4 large fresh tomatoes, skinned, deseeded and chopped.
5 cloves garlic, finely chopped	
1 tbsp chopped fresh ginger	1 lemon (or 2 sections of chopped preserved lemon, skin only)
1 tbsp ground cumin	
¼ tsp cayenne pepper	300g red lentils
salt	1 litre veg or chicken stock
	Fresh or frozen coriander (optional)

Heat a little oil in a large pan and add the onions, garlic and ginger. Cook gently for 5 minutes.

Add the cumin, cayenne and a good pinch of salt. Stir for a minute.

Add the lentils, tomatoes and 4 slices of lemon (or preserved lemon). Add the stock. Stir and simmer with the lid on for about 30 minutes. Add more liquid as desired. Stir in some chopped coriander and top with a slice or two of lemon.