

## Red Lentil Soup

### INGREDIENTS:

Servings: 2 people

Red lentils	1 cup
Water	1 1/2 pints
Small onions	2
Butter	1/2 oz
Cumin	1 tsp
Salt and freshly ground pepper	to taste

Servings: 4 people

Red lentils	1 3/4 cups
Water	1 1/2 quarts
Small onions	5
Butter	1 1/4 oz
Cumin	2 tsp
Salt and freshly ground pepper	to taste

Servings: 6 people

Red lentils	2 1/2 cups
Water	2 quarts
Small onions	7
Butter	2 oz
Cumin	2 tsp
Salt and freshly ground pepper	to taste

Servings: 8 people

Red lentils	3 1/2 cups
Water	2 3/4 quarts
Small onions	9
Butter	2 oz
Cumin	1 tbs
Salt and freshly ground pepper	to taste

Servings: 10 people

Red lentils	4 1/4 cups
Water	3 1/2 quarts
Small onions	12
Butter	3 oz
Cumin	3 tsp
Salt and freshly ground pepper	to taste

Servings: 12 people

Red lentils	5 cups
Water	1 gallon
Small onions	14
Butter	4 oz
Cumin	1 tbs
Salt and freshly ground pepper	to taste

**TOOLS:**

Colander  
Saucepan with a lid  
Chef's knife  
Cutting board  
Slotted spoon  
Sieve or food processor  
Bowl  
Wooden spoon  
Pepper mill

**INFO:**

According to the Old Testament, Esau sold his birthright to Jacob for some sort of red soup. There is a very good chance that this was the soup as lentils are, and always have been, a main source of protein in the Egyptian diet.

**TIME:**

prep time : 00:25

cook time : 01:10

**PREPARATION:**

Sort and wash the lentils. Combine the lentils and water in a saucepan. Bring to a boil. Cover the saucepan and simmer for 30 minutes. While the lentils are simmering, peel the onions. After 30 minutes, add the onions to the lentils and continue simmering until soft, approximately 30 minutes. When the lentils are soft, remove the onions and reserve.

Push the lentils through a sieve or run them through a food processor. Pour the puréed lentils back into the saucepan. Bring the soup to a boil. Add butter, cumin and the onions. Season to taste with salt and freshly ground pepper. Serve the soup hot with hard boiled eggs, boiled potatoes, the cooked onions, bread and lemon wedges as a main course, a light meal, or as an appetizer.