



THE WEDNESDAY CHEF

Spiced Red Lentil Soup

Serves 4

Note: This will serve four people as a starter. If serving as a main course, or if leftovers are desired, double the recipe.

- 3 tablespoons olive oil
- 1 teaspoon cumin seeds
- 1 teaspoon yellow mustard seeds
- 2 cloves garlic
- A thumb-sized piece of ginger, peeled
- 3/4 teaspoon salt
- Freshly ground black pepper
- 1/4 teaspoon cayenne
- 1 14-ounce/400 gram can peeled tomatoes
- 175 grams red lentils
- 2-3 tablespoons tamarind concentrate
- Fresh cilantro, stemmed and washed

1. Put the olive oil in a pot over medium heat. Add the cumin seeds and mustard seeds and cook, stirring, until they start to become fragrant.
2. Press the garlic through a garlic press and add to the pot, then grate in the fresh ginger. Cook, stirring, for another minute, then add the salt, pepper, cayenne, the tomatoes and 2 tablespoons of tamarind concentrate. Stir to combine, cook for just a minute, then add the lentils and stir. Fill the tomato

can with water twice, and add to the pot. Bring to a boil, then reduce the flame, cover the pot and simmer until the lentils are soft, about 20 minutes.

3. Purée half the soup with a hand-held blender. Taste and add the remaining tamarind, if desired, and season with more salt and pepper to taste. Serve topped with cilantro leaves.