

Lentil Soup

<http://userealbutter.com/2008/01/11/lentil-soup-recipe/>

Middle Eastern Cooking by Christine Osborne

1 onion, finely chopped
4 tbsps butter
1 cup lentils, soaked overnight and drained
5 cups homemade beef stock
1 tsp ground cumin
salt and freshly ground black pepper
3 slices white bread, crusts removed, diced
1 clove garlic, crushed
2 tbsps olive oil
3 tbsps lemon juice
finely chopped parsley, to garnish

Sauté the onions in 2 tablespoons of butter until they are translucent. Dump the lentils into the pot and combine with the onions. Pour in the beef stock (I use bouillon) and add the cumin, salt and pepper. Cook on a low simmer for about 2 hours or until the lentils are falling-apart soft. Remove from heat. When the soup has cooled, you can purée the whole soup or, as I prefer, only purée half and leave the other half of the lentils intact. Melt the butter in a sauté pan and toss in the garlic. Stir the garlic around until it is fragrant and then add the bread cubes and fry until they are crisp and gold in color. Reheat the soup. Just before serving, add the olive oil and lemon to the soup. Top each serving with the croutons and a sprinkle of the parsley.