



Vegetarian Lentils

Some barley has taken the place of lentils in this recipe, just to give the dish a bit more texture. (And also because we had some barley in the pantry!) If you don't have any barley around, just use another ½ cup of lentils.

- 1 ½ cups lentils
- ½ cup barley
- 1 yellow onion, medium dice
- 1 shallot, diced fine
- 4 cloves of garlic, minced
- 1 jalapeño or serrano pepper, diced fine
- Olive oil
- 2 tsp cumin seeds, toasted then ground (mortar and pestle or spice grinder)
- 1 tsp tumeric
- 1 tsp ground coriander
- Salt and pepper
- 1 avocado, thinly sliced
- 1 green onion, thinly sliced
- 2 Tbl fresh cilantro, diced

Preparation:

1. Wash and drain the lentils. Put lentils and barley in a pot with about 4 ½ cups water, and bring to a boil. Reduce to simmer, and cover the pot. It should take about 45 minutes to cook to tenderness. (For a consistency more like an Indian dal, add another ¼ cup water or more to taste, and mash the lentil/barley mixture once cooked.)
2. In a large sauté pan, cook the onion, shallot, garlic and pepper until the onion has started to get transparent, about 5 minutes, stirring often. Add the spices and keep stirring for another minute.
3. Add the lentils and barley to the sauté pan, stirring well. Add salt and pepper to taste. Cook until the desired consistency is reached.
4. To serve, put the lentils into a serving bowl, and garnish with the avocado, green onion and cilantro.

Yields 4 servings as an entrée or 8 servings as a side dish.

We recently had this as a side dish with Spicy Tuna Steaks ([see recipe](#)), and a 2005 Storybook Mountain Vineyards Napa Estate Mayacamas Range Zinfandel. If having this as the entrée for a vegetarian meal, try it with a nice Gewurztraminer. One to try, if you can find it, is the 2008 Te Whare Ra Gewurztraminer, from Marlborough, New Zealand.

Recipe developed May 09 by Larry. Enjoy!