RECIPE

Red lentil dip with tahini and lemon

A creamy Mediterranean snack dip of red lentils, tahini, olive oil and lemon, served with raw carrot, cucumber and red pepper.

MAKES

6 servings US Metric

TOTAL

40 min

Ingredients

- [ ] 1 cup dry red lentils, rinsed
- [ ] 3 tbsp tahini
- [ ] 2 tbsp olive oil
- [ ] ¼ cup lemon juice
- [ ] 1 tsp lemon zest
- [ ] 1 tsp cumin seed, toasted and ground
- [ ] 1 tsp smoked paprika
- [ ] 1 tsp garlic powder
- [ ] ½ tsp salt
- [ ] ½ tsp ground black pepper
- [ ] ¼ cup chopped fresh parsley
- [ ] 6 medium carrots, cut in sticks, for dipping
- [ ] 3 cups sliced cucumber, for dipping
- [ ] 1 medium red bell pepper, cut in strips, for dipping

Method

1. Toast the cumin seed in a dry small pan over medium heat for about 1 minute, until it smells warm. Grind it fine in a mortar or spice grinder.

2. Put the rinsed lentils and the 3 cups water in a saucepan with the garlic powder. Bring to a boil, then turn to a gentle simmer, uncovered, stirring now and then. At 5,300 ft water boils near 203 °F, so give red lentils about 20 minutes instead of 15. They are done when they fall apart when pressed against the pot.

3. Drain in a sieve over a bowl, keeping ¼ cup of the cooking water. Let the lentils steam dry in the sieve for 10 minutes.

4. In a food processor, run the tahini, olive oil, lemon juice and lemon zest for 30 seconds until pale and thick. Scrape down.

- [ ] 3 cups water, for cooking the lentils (¼ cup of it kept for thinning)

5. Add the lentils, cumin, paprika, salt and pepper. Run until smooth, 1 to 2 minutes, adding the kept cooking water 1 tablespoon at a time until it falls from a spoon in a ribbon. The dip firms as it cools.

6. Scoop into a bowl and stir in the parsley. Serve warm or cool with the carrot sticks, cucumber slices and red pepper strips: ½ cup of dip with 1 carrot, ½ cup of cucumber and one sixth of the pepper makes a serving.

7. Cool within 2 hours, then refrigerate in a covered container. Keeps 5 days in the fridge (our kitchen practice; we hold no published source for it yet). Reheat leftovers warm to 165 °F if you like it hot; otherwise serve cold.