



RECIPE OF THE WEEK: 10/01/2022

Fakes Soupa (Lentil Soup)

There are several types of lentils in Greece and Cyprus but the one used more frequently is the brown one. Pulses are a staple diet and lentils harvested in the summer months are stored ready for soup in winter. Lentils are versatile and can be used in many dishes. They are often married with other ingredients such as rice as a vegetarian dish, or alternatively with meat.

The soup is made with onions, tomatoes and sometimes with carrots and celery too. On Good Friday, lentils are boiled without the olive oil for those who are fasting. It is not necessary to soak lentils unlike chickpeas or beans which need the soaking, to reduce the cooking time.

Ingredients (Serves 4-6)

500g brown lentils
2 shallots, peeled and finely chopped
2 carrots, peeled and finely chopped
1 celery stick, finely chopped
2 cloves garlic, peeled and thinly sliced
1x 400g canned tomatoes or 400g fresh, ripe tomatoes, sliced
1tbsp tomato puree
2 bay leaves
100ml olive oil
1 tbsp oregano
200ml vegetable stock
2tbsp red wine vinegar
sea salt and freshly ground pepper

Garnish:

100ml extra virgin olive oil



Eat with feta cheese, olives, anchovies and village bread.

Method

1. Clean and rinse the lentils in a strainer under a cold tap and place in a large saucepan. Cover with cold water, bring to the boil and simmer for 5 minutes.
2. In a large pan, heat 2-3 tbsps olive oil on a medium to high heat and saute the shallots, carrots and celery for 4-5 minutes until soft and golden. Add the garlic and saute for 1 minute.
3. Pour the lentils into the pan. Add the remaining ingredients except the vinegar and seasoning. Pour in the vegetable stock and add 1 ½ litres of cold water. Bring to the boil and remove any foam that comes to the surface. Cover the pan with a lid and simmer for 30-35 minutes or until all the vegetables and the lentils are soft. Add the vinegar and seasoning. Simmer for a further 5 minutes. The salt is added at the end to avoid the vegetables from becoming hard during the cooking process.
4. Pour into bowls and drizzle with olive oil. Serve with the feta, olives, anchovies and crusty bread.