

Adasi Persian Lentil Dip

Ingredients

2 cups green lentils
2 large onions
4 garlic cloves
3 Tbs. butter **or** sesame oil
1 1/2 tsp. salt
1/2 tsp. fresh ground black pepper
6 cups water
1/2 cup bitter orange juice **or**
1/4 cup regular orange juice mixed with 2 Tbs. lime juice

Utensils

knife and cutting board
measuring cup
measuring spoons
lemon reamer
cookpot with lid
frying pan
spatula
serving bowl

Peel and thinly slice the onions. Peel the garlic. Using the flat part of the knife, crush the garlic. Juice the bitter orange, or juice the lime and combine it with regular orange juice. The dish can be prepared up to this point in advance. Boil 6 cups of water in a cookpot on the stove over high heat. Add the lentils and 1 tsp. salt. Cover the cookpot with the lid and reduce the heat to low. Simmer the lentils 30 minutes. Stir occasionally and add more water as needed to keep the lentils immersed. While the lentils are cooking, heat the butter or oil in the frying pan on the stove over medium heat. Add the onions and garlic and sauté 20 minutes. Add the onion mixture, the remaining salt, and the pepper to the lentils. Stir well and increase the heat to medium. Bring to a boil and cover the cookpot with a lid. Reduce the heat to low and simmer 45 minutes. Add the orange juice and adjust the seasoning. Stir well. Place the lentil dip in the serving bowl. Serve hot or cold with *lavish* bread. The lentil dip can be made 24 hours in advance of the meal and stored in the refrigerator covered in plastic wrap. Remove the dip from the refrigerator 10 minutes before serving to allow it to come up to room temperature.