

Shourba Ads

(Egyptian Lentil soup)

Lentil soup was a favorite of the Ancient Egyptians, and is a dish that is still enjoyed throughout the modern middle East.

Ingredients

1 2/3 cup (13 oz.) red lentils

1 large onion

2 large garlic cloves

1 large celery stalk

2 Tbs. olive oil

1 tsp. ground coriander

2 tsp. ground cumin

sea salt

9 cups water **or** chicken **or** vegetable stock

Utensils

knife and cutting board

measuring cup

measuring spoons

soup pot

spatula

food processor

wooden spoon

ladle

serving bowls

This dish is seasoned to taste. Make the stock. Good stock or bouillon cubes can be bought in the store. Peel and chop the onion. Peel and slice the garlic. Wash and chop the celery stalk. The dish can be prepared up to this point in advance. Heat the oil in the soup pot on the stove over medium high heat. Add the onions, garlic, and celery. Gently sauté for 5 to 10 minutes or until all of the ingredients start to soften. Add the spices, lentils, and salt. Cook for a few minutes, then add the stock or water. Bring to a boil, then reduce the heat to low. Gently simmer for 45 to 60 minutes or until the lentils have disintegrated. For a smoother texture, pour the soup into the food processor and purée. Return the soup to the soup pot and reheat on low. Add more salt if necessary. Serve hot. Lentil soup can be made in advance of the meal.