

Beluga Lentils with Spices

Ingredients

2 tsp of cumin (whole cumin preferred)
2 tsp of mustard seed (whole mustard seed preferred)
2 tsp of turmeric or curry powder
2 tsp of red pepper flakes (adjust for desired spice level)
2 tsp of garlic salt
2 tsp of black pepper
1/4 - 1/2 cup of canola or avocado oil (the higher the smoke point the better; olive oil may be used, but be careful not to burn spices later.)
2 cups lentils
6 cups water

Directions

Prepare spices in a small bowl:

2 tsp of cumin (whole cumin preferred)
2 tsp of mustard seed (whole mustard seed preferred)
2 tsp of turmeric or curry powder
2 tsp of red pepper flakes (adjust for desired spice level)
2 tsp of garlic salt
2 tsp of black pepper
1/4 - 1/2 cup of canola or avocado oil (the higher the smoke point the better; olive oil may be used, but be careful not to burn spices later.)

Note: other spices may be used; it is up to your preference and palate. You may also add more than 1 tsp of a spice: the measurement is just a suggestion.

To cook the lentils:

2 cups lentils
6 cups water

- Boil water and add lentils.
- Reduce heat to low or medium-low, simmering lentils for 15-18 minutes, depending on desired firmness.
- Remove lentils and drain. (Keep the lentil water if you want a savory broth for other uses.)
- Set lentils aside, or place them in a large bowl

After removing and draining lentils, place the pot back on the stove, and raise heat to medium or medium-high, depending on your comfort level.

- Add oil to the pot, and wait for it to shimmer (takes 30 seconds to a minute, usually)
- Add spices to the oil, and begin stirring. This helps the spices bloom. Turn on your oven fan!
- Bloom the spices, while continuously stirring, for about a minute or two. If you notice them beginning to burn, remove the spices from heat
- After the spices are very aromatic and have transformed color (about 1-2 minutes), add the oil and spices to the lentils and mix thoroughly

Serve and enjoy!