## Types of Lentils

- **Split Red Lentils**
- **Whole Red Lentils**
- **Whole Green Lentils**

## How to Cook Consistently Tender, Al Dente Lentils

<table>
<thead>
<tr>
<th>Types of Lentils</th>
<th>Stovetop</th>
<th>Oven Braised</th>
<th>Pressure Cooker</th>
<th>Rice Cooker</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Time</strong></td>
<td><strong>Water</strong></td>
<td><strong>Time</strong></td>
<td><strong>Water</strong></td>
<td><strong>Time</strong></td>
</tr>
<tr>
<td><strong>Split Red Lentils</strong></td>
<td>5 - 7 mins</td>
<td>20 - 25 mins</td>
<td>2 mins</td>
<td>35 - 40 mins</td>
</tr>
<tr>
<td><strong>Whole Red Lentils</strong></td>
<td>15 - 20 mins</td>
<td>45 - 50 mins</td>
<td>5 mins</td>
<td>1 hr 10 mins</td>
</tr>
<tr>
<td><strong>Whole Green Lentils</strong></td>
<td>15 - 20 mins</td>
<td>45 - 50 mins</td>
<td>5 mins</td>
<td>1 hr 10 mins</td>
</tr>
</tbody>
</table>

*Water ratios based on 1 cup dry lentils

## How to Cook Crispy Lentils

<table>
<thead>
<tr>
<th>Types of Lentils</th>
<th>Oven Roasted</th>
<th>Fryer</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Time</strong></td>
<td><strong>Water</strong></td>
<td><strong>Time</strong></td>
</tr>
<tr>
<td><strong>Split Red Lentils</strong></td>
<td>15 - 20 mins</td>
<td>Pre-soak for 1 hour</td>
</tr>
<tr>
<td><strong>Whole Red Lentils</strong></td>
<td>30 mins</td>
<td>Pre-soak for 12 hours</td>
</tr>
<tr>
<td><strong>Whole Green Lentils</strong></td>
<td>30 mins</td>
<td>Pre-soak for 12 hours</td>
</tr>
</tbody>
</table>

## Simple Strategies to Cook More Flavorful Lentils

Simply add the following ingredients to your cooking liquid for deeply flavorful lentils

### Western Mediterranean
- Allspice
- Turmeric
- Savory Leaf
- Chervil

### Umami Boost
- Dried Shiitake Mushrooms
- Sundried Tomatoes
- Garlic
- Thyme
- Bay Leaves

### Central Mediterranean
- Lemon Peel
- Mint
- Parsley
- Peppercorns
- Oregano
- Marjoram

### Mediterranean / Levant Region
- Marjoram
- Sage
- Garlic
- Nutmeg

## Menu Applications

**Blends**
- Combine animal and plant protein for blended, better-for-you menu items that don’t skimp on flavor and deliciousness.

**Power Bowls**
- Plant-forward and flavor-packed combinations of lentils with various other ingredients to create globally inspired healthful power dishes.