



COOKING WITH LENTILS

FOODSERVICE CHEAT SHEET

TYPES OF LENTILS



HOW TO COOK CONSISTENTLY TENDER, AL DENTE LENTILS

	STOVETOP		OVEN BRAISED		PRESSURE COOKER		RICE COOKER		STEAMER/COMBI OVEN @ 100% MOISTURE	
	TIME	WATER	TIME	WATER	TIME	WATER	TIME	WATER	TIME	WATER
SPLIT RED LENTILS	5 - 7 mins	3 cups	20 - 25 mins	4 cups	2 mins	3 cups	35 - 40 mins	3 cups	20 - 25 mins	Pre-soak 2 hrs
WHOLE RED LENTILS	15 - 20 mins	3 cups	45 - 50 mins	4 cups	5 mins	3 cups	1 hr 10 mins	3 cups	60 mins	Pre-soak 6 - 8 hrs
WHOLE GREEN LENTILS	15 - 20 mins	3 cups	45 - 50 mins	4 cups	5 mins	3 cups	1 hr 10 mins	3 cups	60 mins	Pre-soak 6 - 8 hrs

*Water ratios based on 1 cup dry lentils

LENTILS ARE:

HIGH IN fiber

IMPROVES *soil* HEALTH
LOW ENVIRONMENTAL IMPACT
LOW WATER footprint

cost EFFICIENT

HOW TO COOK CRISPY LENTILS

	OVEN ROASTED		FRYER	
	TIME @ 400°F	WATER	TIME	WATER
SPLIT RED LENTILS	15 - 20 mins	Pre-soak 1 hr	2 - 3 mins	Pre-cooked
WHOLE RED LENTILS	30 mins	Pre-soak 12 hrs	3 - 5 mins	Pre-cooked
WHOLE GREEN LENTILS	30 mins	Pre-soak 12 hrs	3 - 5 mins	Pre-cooked

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

MEDITERRANEAN / LEVANT REGION

+ + +

Marjoram Sage Garlic Nutmeg

MEDITERRANEAN STARTER

+ + + +

Oregano Bay Leaves Garlic Black Peppercorns Marjoram

RETHINK FLAVOR DEVELOPMENT

from the GROUND UP

LEVERAGE globally inspired PLANT-BASED culinary strategies

MENU APPLICATIONS

Blends

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

BURGERS MEATBALLS MEATLOAF KOFTE TACOS CHILI PASTA SAUCES

Power Bowls

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

+ + + +

LENTILS INTACT WHOLE GRAINS PRODUCE SPICES & AROMATICS 2 OZ MEAT AS A CONDIMENT