## TYPES OF LENTILS

- **split red lentils**
- **whole red lentils**
- **whole green lentils**

## HOW TO COOK CONSISTENTLY TENDER, AL DENTE LENTILS

<table>
<thead>
<tr>
<th>LENTIL TYPE</th>
<th>STOVETOP TIME</th>
<th>STOVETOP WATER</th>
<th>OVEN BRAISED TIME</th>
<th>OVEN BRAISED WATER</th>
<th>PRESSURE COOKER TIME</th>
<th>PRESSURE COOKER WATER</th>
<th>RICE COOKER TIME</th>
<th>RICE COOKER WATER</th>
<th>STEAMER/COMBI OVEN TIME</th>
<th>STEAMER/COMBI OVEN WATER</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>split red lentils</strong></td>
<td>5 - 7 mins</td>
<td>3 cups</td>
<td>20 - 25 mins</td>
<td>4 cups</td>
<td>2 mins</td>
<td>3 cups</td>
<td>35 - 40 mins</td>
<td>3 cups</td>
<td>20 - 25 mins</td>
<td>Pre-soak 2 hrs</td>
</tr>
<tr>
<td><strong>whole red lentils</strong></td>
<td>15 - 20 mins</td>
<td>3 cups</td>
<td>45 - 50 mins</td>
<td>4 cups</td>
<td>5 mins</td>
<td>3 cups</td>
<td>1 hr 10 mins</td>
<td>3 cups</td>
<td>60 mins</td>
<td>Pre-soak 6 - 8 hrs</td>
</tr>
<tr>
<td><strong>whole green lentils</strong></td>
<td>15 - 20 mins</td>
<td>3 cups</td>
<td>45 - 50 mins</td>
<td>4 cups</td>
<td>5 mins</td>
<td>3 cups</td>
<td>1 hr 10 mins</td>
<td>3 cups</td>
<td>60 mins</td>
<td>Pre-soak 6 - 8 hrs</td>
</tr>
</tbody>
</table>

*Water ratios based on 1 cup dry lentils

## HOW TO COOK CRISPY LENTILS

<table>
<thead>
<tr>
<th>LENTIL TYPE</th>
<th>OVEN ROASTED TIME</th>
<th>OVEN ROASTED WATER</th>
<th>FRYER TIME</th>
<th>FRYER WATER</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>split red lentils</strong></td>
<td>15 - 20 mins</td>
<td>Pre-soak 1 hr</td>
<td>2 - 3 mins</td>
<td>Pre-cooked</td>
</tr>
<tr>
<td><strong>whole red lentils</strong></td>
<td>30 mins</td>
<td>Pre-soak 12 hrs</td>
<td>3 - 5 mins</td>
<td>Pre-cooked</td>
</tr>
<tr>
<td><strong>whole green lentils</strong></td>
<td>30 mins</td>
<td>Pre-soak 12 hrs</td>
<td>3 - 5 mins</td>
<td>Pre-cooked</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

- Garlic
- Thyme
- Bay Leaves

### CENTRAL MEDITERRANEAN

- Lemon Peel
- Mint
- Parsley
- Peppercorns
- Oregano
- Marjoram

### MEDITERRANEAN / LEVANT REGION

- Garam Masala
- Caraway Seeds
- Coriander
- Cumin

## 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**