

# **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:

## **HOW TO COOK CRISPY LENTILS**

Source	Sustainably		OVEN ROASTED		FRYER	
	IMPROVES		TIME @ 400°F	WATER	TIME	WATER
HIGH IN fiber		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
	LOW WATER footprint	WHOLE GREEN LENTILS	30 mins	Pre-soak 12 hrs	3 - 5 mins	Pre-cooked

### SIMPLE STRATEGIES TO COOK MORE FLAVORFUL LENTILS

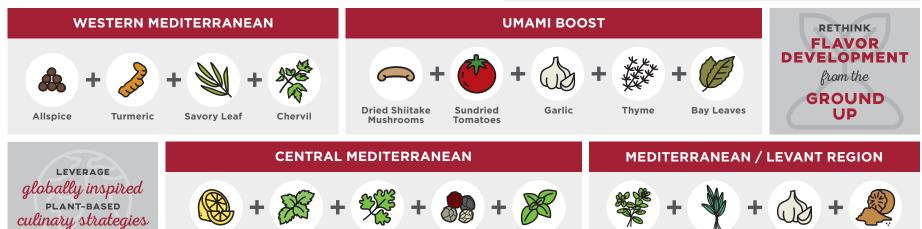
Simply add the following ingredients to your cooking liquid for deeply flavorful lentils

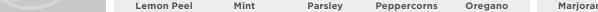
#### **MEDITERRANEAN STARTER**

Oregano **Bay Leaves** 

Garlic







Marioram Garlic

#### MENU APPLICATIONS

