



# Global Lentil Seasoning Blends

Crunchy, flavor-packed shaker toppings for salad bars,  
power bowls, stir fries, flatbreads, hummus & more!

*lentils.org*



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## Central Asian Garnish Topping

### Ingredients:

- 3 parts fried or oven roasted split red lentils\*
- 1 part Central Asian seasoning\*\*
- 1 part chives
- 1 part toasted black sesame seeds
- ½ part dried Asian chilies, soaked and thinly sliced
- ¼ part orange zest

### Directions:

1. Mix all ingredients together and store in a sealed container.

**\*To fry** split red lentils, fry for 2-3 minutes in fryer.

**To oven roast** split red lentils, soak for 1 hour and roast in oven for 15-20 minutes at 400°F.

### **\*\*To make Central Asian spice seasoning:**

- 2 parts ground cumin seed
- 1 part cracked Szechuan peppercorns
- 2 parts chili flakes, Szechuan if possible
- 2 parts black peppercorns
- 1 part sea salt
- 1 part ginger powder
- 1 part garlic powder
- 1 part chili powder, preferably Asian

Lightly toast cumin seed and Szechuan peppercorns over medium heat until fragrant. Stir together with the rest of the ingredients and store in a sealed container.





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## North African Garnish Topping

### Ingredients:

- 3 parts fried or oven roasted split red lentils\*
- 1 part North African spice seasoning\*\*
- 1 part toasted white sesame seeds
- ¼ part orange zest
- 1 part fresh parsley leaves, minced

### Directions:

1. Mix all ingredients together and store in a sealed container.

**\*To fry** split red lentils, fry for 2-3 minutes in fryer.

**To oven roast** split red lentils, soak for 1 hour and roast in oven for 15-20 minutes at 400°F.

**\*\*To make North African spice seasoning, combine the following:**

- 3 parts ground cinnamon
- 2 parts ground turmeric
- 3 parts ground cumin
- 2 parts ground coriander
- 2 parts ground ginger
- 2 parts ground cardamom
- 1 part ground nutmeg
- 1 part ground clove
- ½ part ground mace
- 1 part ground cayenne
- 1 part garlic powder
- ½ part ground celery seed
- 1 part ground black pepper
- 1 part dried crushed rose petals
- 1 part nigella seeds
- ½ part saffron threads





## East African Garnish Topping

### Ingredients:

- 3 parts oven roasted or fried whole red lentils\*
- 1 part Berbere seasoning\*\*
- 1 part toasted peanuts
- ½ part jalapeno, seeded and minced
- ½ part toasted black fennel seeds

### Directions:

1. Mix all ingredients together and store in a sealed container.

\* **To oven roast** whole red lentils, soak for 12 hours and roast in oven for 30 minutes at 400°F.  
**To fry** whole red lentils, fry for 3-5 minutes in fryer.

### \*\*To make Berbere spice seasoning:

- 2 parts ground coriander seed
- 1 part ground fenugreek seed
- ½ part cracked black peppercorns
- ½ part ground allspice
- 1 part ground cardamom seed
- 1 part ground cloves
- 1 part onion flakes
- 4 parts dried chili flakes
- 8 parts paprika
- ½ part nutmeg
- ½ part ground ginger
- ½ part ground cinnamon

Lightly toast coriander, fenugreek, peppercorns, allspice, cardamom, and cloves over medium heat until fragrant. Allow to cool to room temperature and mix all remaining ingredients into the spice blend and store in a sealed container.



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## Turkish Garnish Topping

### Ingredients:

- 3 parts oven roasted or fried whole green lentils\*
- 1 part Turkish spice seasoning\*\*
- 1 part toasted pistachios
- 1 part chopped flat leaf parsley
- ½ part chopped mint
- ¼ part lemon zest

### Directions:

1. Mix all ingredients together and store in a sealed container.

**\*To oven roast** whole green lentils, soak for 12 hours and roast in oven for 30 minutes at 400°F.

**To fry** whole green lentils, fry for 3-5 minutes in fryer.

**\*\*To make Turkish spice seasoning, combine the following:**

- 5 parts paprika
- 2 parts dried mint
- 2 parts ground cinnamon
- 2 parts garlic powder
- 1 part ground cumin
- 1 part sea salt
- 1 part cracked black peppercorns
- 1 part ground cloves



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## **Cambodian Garnish Topping**

### **Ingredients:**

- 3 parts oven roasted or fried whole green lentils\*
- 1 part Cambodian Khmer seasoning\*\*
- 1 part jalapeno, seeded and minced
- 1 part crispy fried onions
- ¼ part lime zest
- 1 part Thai basil, chiffonade

### **Directions:**

1. Mix all ingredients together and stored in sealed container.

**\* To oven roast** whole green lentils, soak for 12 hours and roast in oven for 30 minutes at 400°F.

**To fry** whole green lentils, fry for 3-5 minutes in fryer.

**\*\*To make Cambodian Khmer spice seasoning, combine the following:**

- ½ part cracked black peppercorns
- 1 part Thai chili flakes
- 1 part garlic flakes
- 2 parts ground turmeric
- 2 parts galangal powder
- 1 parts sea salt
- 4 parts lemongrass powder or flakes
- 2 parts lime leaf powder or minced kaffir lime leaf

*Note: can be stored in freezer to preserve the lime leaf for extended periods*