



TYPES OF LENTILS



split red lentils



whole red lentils



whole green lentils

HOW TO COOK CONSISTENTLY TENDER, AL DENTE LENTILS

	STOVETOP		OVEN BRAISED		PRESSURE COOKER		RICE COOKER		STEAMER/ COMBI OVEN <i>@ 100% Moisture</i>	
	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

HOW TO COOK CRISPY LENTILS

LENTILS ARE:			OVEN ROASTED		FRYER	
			TIME @ 400°F	WATER	TIME	WATER
A SOURCE of PLANT PROTEIN	Sustainably PRODUCED IMPROVES <i>soil</i> HEALTH	SPLIT RED LENTILS	15-20 mins	Pre-soak 1 hr	2-3 mins	Pre-cooked
HIGH IN fiber	LOW ENVIRONMENTAL IMPACT	WHOLE RED LENTILS	30 mins	Pre-soak 12 hrs	3-5 mins	Pre-cooked
cost EFFICIENT	LOW WATER footprint	WHOLE GREEN LENTILS	30 mins	Pre-soak 12 hrs	3-5 mins	Pre-cooked

COOKING LENTILS:

- Lentils do not require soaking prior to cooking unlike other pulses such as beans, peas, and chickpeas
- Rinse your lentils with fresh water before boiling to remove any dust or debris

- Cook on a stovetop, using 3 cups of liquid for every cup of dry lentils
- Bring to a boil, cover tightly, reduce heat, and simmer until tender
- Cooked lentils can be refrigerated for up to one week or frozen for up to three months

15-20 MINS

whole lentils cook time

5-7 MINS

split lentils cook time

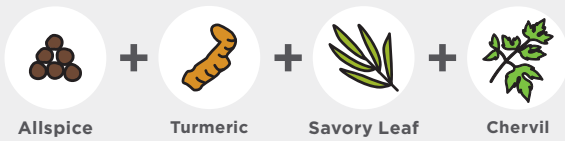
COOK MORE FLAVOURFUL LENTILS:

- Swap water for stock, broth, or bouillon
- Add aromatics to your cooking liquid like garlic, whole or ground spices, and herbs or create flavour sachets:

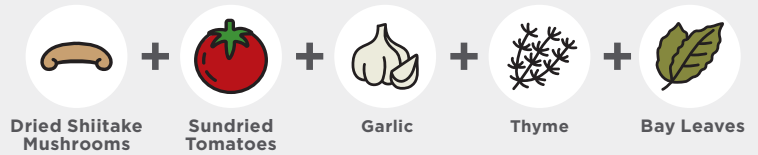
MEDITERRANEAN STARTER



WESTERN MEDITERRANEAN



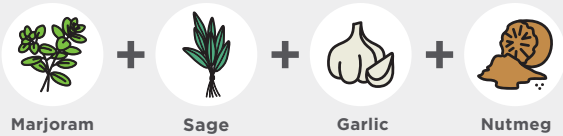
UMAMI BOOST



CENTRAL MEDITERRANEAN



LEVANT REGION



MENU APPLICATIONS

Blends

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



BURGERS



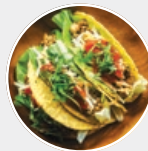
MEATBALLS



MEATLOAF



KOFTE



TACOS



CHILI



PASTA SAUCES

Power Bowls

Create globally inspired, healthful power dishes with plant-forward and flavor-packed combinations of lentils and various other ingredients.



LENTILS



INTACT WHOLE GRAINS



PRODUCE



SPICES & AROMATICS



2 OZ MEAT AS A CONDIMENT