



RATIONAL

Lentil Cooking Methods

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Training & Events



Whole Lentils (whole red, brown, green)

iCombi Pro

- › Cooked in 2" Hotel Pan, Uncovered
- › 1 ½ lbs Dry Whole Lentils (red, brown, green)
- › 1 ½ qts Water
- › Cooking Setting:
 - Manual Steam
 - Fan Speed 3
 - 1 Hour Cook Time

Lentil reference photos:



Whole red (brown)

Whole green



Whole Lentils (whole red, brown, green)

iVario Pro

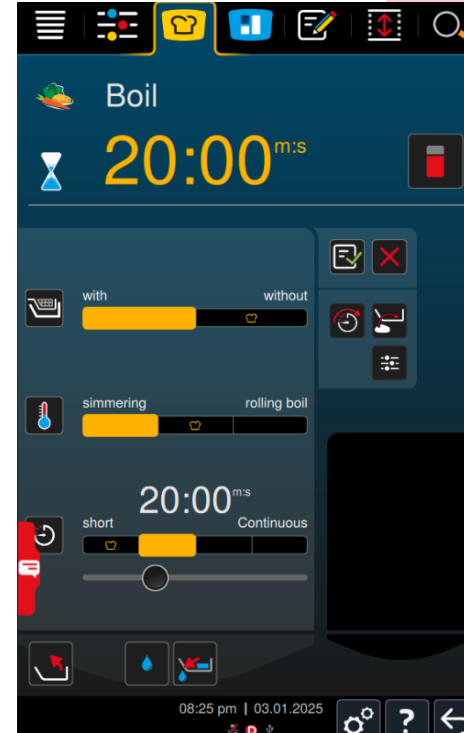
- › Cooked in iVario Pro 2S model but with this program any size model will work the same
- › 2 lbs dry whole lentils, rinsed
- › **Intelligent Cooking Setting:**
 - Side Dishes / Boil / with Basket / Simmering / 20 minutes
 - Result: Perfect cook without having to watch because basket auto drops & lifts

Lentil reference photos:



Whole red (brown)

Whole green



Split Lentils (split red, split green ie yellow)

iCombi Pro

- › Cooked in 2" Hotel Pan, Uncovered
- › 2 lb Dry Split Lentils (split red, slit green ie yellow)
- › 1 ½ qts Water
- › Cooking Setting:
 - Steam
 - Fan Speed 4
 - 35 minutes

Lentil reference photos:



Split red



Split green (yellow)



Split Lentils (split red, split green ie yellow)

iVario Pro

- › Cooked in iVario Pro 2S model but with this program any size model will work the same
- › 2 lbs dry whole lentils, rinsed
- › **Intelligent Cooking Setting:**
 - Side Dishes / Boil / with Basket / Simmering / 7 minutes
 - Result: Perfect cook without having to watch because basket auto drops & lifts

Lentil reference photos:



Split red



Split green (yellow)

