

Crispy Lentil Fingers

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These delicately spiced red lentil fingers are perfect for serving with any sort of Indian food, including mango chutney and raita. Serve them up as a starter or serve them up as a side dish to an Indian curry. If you don't have red lentils, try Puy lentils.

Ingredients:

190g red lentils
1 green chilli
1 tsp. salt
2 tsp. coriander seeds
2 tsp. black peppercorns
1/2 tsp. garam masala
Pinch of chilli powder
1 tsp. minced ginger
1 tbsp. freshly chopped parsley
Oil to fry

Directions:

1. Simmer the lentils in water for half an hour. Drain the lentils and place them into a food processor with the coriander seeds and peppercorns and blitz until you have a coarse paste.
2. Put the paste into a bowl. Mix with the minced ginger, parsley, chilli powder, garam masala and salt. Finely chop the chilli, removing the seeds if preferred, and mix into the paste.
3. Set aside in the fridge for one hour. Moisten your hands and form flat square patties from the paste.
4. Heat some oil in a large saucepan until very hot. Fry the patties for two to three minutes on each side, remove from the pan and leave to drain of excess fat on kitchen paper.
5. Slice the patties into fingers, reheat the oil until hot and fry for a few minutes on each side until crispy and golden brown. Serve warm.

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