

Lentil Crackers

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An excellent way to make use of dried lentils - in this recipe, lentils are cooked and mixed with flour and herbs before being spread in a greased baking tray. The mixture is then baked before being snapped into squares. Serve with dips, pate or hummus.

Ingredients:

50g dried red lentils
250ml chicken stock
25g plain flour
1 tsp. tomato puree
1 tsp. cumin
1 tsp. dried mixed herbs
Salt and pepper to taste

Directions:

1. Simmer the lentils in the chicken stock until mushy and soft - around 30 minutes.
2. Once cooked, tip into a bowl. Preheat the oven to 200C.
3. Mix the plain flour, tomato puree, cumin, dried herbs, salt and pepper into the cooked lentils. Stir well to combine. Press into a greased baking tin in a very thin layer - use two baking trays if necessary. The mixture needs to be between 1/4cm and 1/2cm thick.
4. Bake for 15-20 minutes until browning, then score into squares whilst still warm. Leave to cool and then snap into squares when cool.

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