

Lentils and Lamb

Serves 10 - 12

This is a good model of a recipe that works for a Suppers meeting that combines vegetarians and carnivores as the lentils and lamb are cooked and eaten separately or combined after the cooking is done.

Ingredients: Lentils

- 1 pound package of lentils
- 1 piece kombu
- 1 TBS preferred oil or fat (coconut works great)
- ½ cup tomato sauce
- ½ cup homemade curry base (see below) or 2 TBS prepared curry paste
- salt to taste

Ingredients: Lamb

- 1 ½ pounds ground lamb
- remaining curry base (see below)
- 1 cup tomato sauce, may need a little water too
- salt to taste

Ingredients: Curry Base

- oil or preferred fat to coat well the bottom of a large frying pan
- 2 tsp cardamom
- 2 TBS coriander powder
- 3 TBS cumin powder
- 1 TBS chili powder
- 2 onions, processed or minced
- 6 cloves garlic, processed or minced
- 2 inches of ginger, processed or minced

Directions: Lentils

1. Rinse and pick through lentils (they often have stones)
2. Add water to cover plus a half inch
3. Add kombu, oil, tomato sauce, and curry base or paste
4. Simmer until soft, stirring occasionally and adding water if they get too dry
5. Remove kombu before serving
6. Salt to taste

Directions: Curry Base

1. Coat the frying pan generously with preferred fat or oil
2. Heat and add in powder spices and stir constantly for about a minute, they will become fragrant, don't let them get smoky
3. Add the onion, ginger, and garlic and cook for 3 minutes, stirring a few times
4. Remove some for the lentils, use the rest for the lamb

Directions: Lamb

1. To the remaining curry paste, add the lamb, stir and brown
2. Add the tomato sauce and a little water and gently simmer for 20 minutes
3. The lentils and lamb may be eaten separately or mixed together