

- Themed Menu Accompanying Recipe -

# Crispy Lentil Fritters

*We wish we could take credit for this amazing recipe. CJ did some food styling for Chef Michael Smith who was on a Cross-Canada jaunt showcasing lentil recipes, including this one he got from a chef in Dubai. This simple recipe was one of the dishes she prepared on his behalf. Serve it with a sauce if you like, but honestly, a sprinkle of Himalayan salt is all you need.*

1 cup (250 mL) split red lentils  
1 cup (250 mL) water  
1/2 tsp (2 mL) salt  
1 freshly minced onion  
1 Tbsp (30 mL) peeled ginger root, finely chopped (about 1 inch)  
1/2 cup (125 mL) freshly chopped cilantro  
3 cups (750 mL) vegetable oil for frying  
Himalayan salt, for sprinkling

1. Rinse the lentils well. Combine the rinsed lentils with water & salt in a bowl. Soak for 1-2 hours. They'll rehydrate & soften considerably as they absorb almost all of the moisture.
2. Transfer lentils with any remaining water & the onion to food processor & puree until smooth. Add ginger & cilantro & process just long enough to combine. You can make this batter in advance and refrigerate until needed. The batter may seem wet but it will hold together as you fry it.
3. Pour about 3" of oil into a large soup pot or shallow skillet; bring to a steady 365°F, using a frying or candy thermometer to accurately judge the temperature. Alternatively, fire up your countertop deep fryer.
4. Using two spoons - the first to scoop, the second to release the batter - gently drop dollops of batter into the hot oil. Stir gently until fritters cook through & are lightly browned. Remove fritters from oil, strain & rest them briefly on folded paper towel to absorb extra oil. Sprinkle with salt & serve immediately.



Mark says, "if you're looking for a fantastic gluten free recipe, this is one you'll make again and again."