

Chef Nisim Yaakov Levy's Lentil Soup

A note, since the chef has this prepared in hotel quantities, the recipe is more general, it's his technique rather than specifics. I made this into the quantities so you can make it at home.

1 500 gram package (2 1/2 cups) Green Lentils, picked through and cleaned and soaked for a few hours, although he didn't specify, I strongly advise adding a teaspoon of baking soda per cup of lentils

1-2 large onions, peeled and chopped

3-4 tablespoons oil

Cilantro, washed and cleaned and chopped (which I loathe since it tastes like soap to me, he looked at me a bit pityingly but said you can skip it)

Bunch of Parsley, washed and cleaned and chopped

3 carrots, peeled and chopped

3 ribs/stalks celery, chopped

Salt & black pepper to taste

a pinch of cumin

a pinch of turmeric

8-10 cups water

Directions:

Take the onions and saute in the oil till very dark and caramelized. Add the chopped carrots, celery, parsley (cilantro if you must), cumin and turmeric and salt and pepper and stir into onions cooking briefly till coated with the oil and add the water, cooking on medium simmer for about 30-40 minutes. Drain and rinse the lentils and cook them separately in boiling water until they are very very soft and sort of sludgy, blend with a stick blender and add to the vegetable mixture and continue cooking together for about another 20 minutes until ingredients are nicely melded. Taste to adjust spices.