



sharing our Greek culinary heritage

KOs Fakes (Lentil Soup)

For the fakes

1 packet (375g) whole green lentils

2 onions, chopped

8-10 cloves garlic, thinly sliced

2-3 teaspoons salt

1 teaspoon pepper

3 tablespoons tomato paste

2½ litres water

6 tablespoons extra virgin olive oil

Vinegar (optional to serve)

Chillies, finely chopped (optional to serve)

Making the fakes

Sort through the lentils and discard any stones or the like.

Add the sorted lentils to a 3 litre pot. Add the onions, garlic, salt, pepper and water to the pot. Thoroughly stir the tomato paste into the water. Add the olive oil.

Place the pot on the cooktop over a medium - high heat. Place the lid ajar on the pot and bring the soup to a rolling boil. Reduce the heat so that you have a gentle boil and boil the soup for half an hour, before turning off the burner. Fully place the lid over the pot and allow the soup to rest for at least four hours.

Note: It is very important not to overcook the lentils, because they will disintegrate. Even when you cook them for half an hour and then let them rest, some of the lentils will disintegrate a little and that is fine, as it makes the stock a little thicker and heartier.

Serving the fakes

Gently and briefly heat the soup through before serving. Serve the fakes with some crusty bread and a drizzle of vinegar and/or a sprinkling of chillies if you are inclined.

Recipe makes 10.