

Caribbean Curried Peas Lentils

Savannah · 29/09/2024



Prep Time

1 hr 15 mins

Difficult

Medium

Servings

4

Description

These curried peas lentils can be eaten as a main or side dish. The key to developing the flavor and not missing the meat is caramelizing and developing deep browning of the onions and carrots. In the Caribbean I find some cooks call this burning the onions.

Ingredients

- - ¼ cup canola oil - 1 large onion
- diced - 2 carrots
- peeled and diced - salt and ground black pepper to taste - ½ teaspoon white sugar - 3 cloves garlic
- minced - 1 fresh chile pepper
- minced - 1 teaspoon grated fresh ginger - 3 tablespoons curry powder - 2 (14 ounce) cans vegetable broth
- divided - 1 cup lentils - ¼ cup chopped fresh cilantro
- or more to taste

Instructions

1. Heat canola oil in a Dutch oven over medium-high heat; cook and stir onion
2. carrots
3. salt
4. black pepper
5. and sugar until onion is a deep brown color
6. 15 to 20 minutes. Reduce heat to medium; add garlic
7. chile pepper
8. ginger
9. and curry powder. Stir constantly to incorporate
10. about 5 minutes. Increase heat to medium heat and stir 1 can vegetable broth into onion mixture. Scrape up any vegetables or curry powder stuck to the bottom of the pot with a wooden spoon. Add lentils and remaining 1 can of vegetable broth; cook until lentils are tender
11. about 30 minutes. Stir cilantro into lentils before serving. Tips Although this is a vegetarian dish
12. pork and lamb may be added when browning the onions. This recipe is delicious with any dried beans including black-eyed peas and garbanzo beans (chickpeas). As a main dish
13. we serve this over rice.