

Pineapple-Lentil Relish

Author: From *Modern Spice* by Monica Bhide (Simon & Schuster, 2009)

Source: From her blog, A Life of Spice



Notes: Prep:10 minutes. Cook: 35 minutes. Makes: 2 1/4 cups (serving size is 2 to 2 1/2 tablespoons per person)

1. Bring the lentils and 3 cups of water to a rolling boil over high heat in a deep saucepan. Scum will form on the surface; skim with spoon, discard. Boil lentils for 3 to 4 minutes. Reduce heat to medium-low, cook for 5 to 7 minutes or until the lentils are soft. Drain, set aside.
2. While the lentils are cooking, prepare the pineapple mixture. Combine the sugar, 1/4 cup water and two drops of lemon juice in an 8- to 10-inch nonreactive skillet. Bring to a boil. Cook for 10 to 12 minutes, stirring frequently, until the syrup turns a light brown.
3. Add the pineapple, 3 tablespoons lemon juice, ginger and cumin. Reduce the heat; simmer slowly until all remaining liquid is reduced to a syrupy consistency and has almost evaporated, about 25 minutes.
4. Remove from heat. Add the lentils to the pineapple mixture. Warm through; season with salt and chili powder as desired. Serve warm.

- 1 cup red lentils, or yellow
- 3 1/4 cups water
- 1/4 cup superfine sugar
- 3 tablespoons fresh lemon juice, plus 2 drops
- 2 cups canned pineapple, crushed, with juice
- 1/2 inch ginger root (1/2-inch long) peeled, minced
- 1 teaspoon ground cumin
- 1 teaspoon salt

Red chili powder or red chili flakes

Per Serving (excluding unknown items): 70 Calories; trace Fat (2.5% calories from fat); 4g Protein; 14g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 146mg Sodium.
Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates.

Carolyn T's Tasting Spoons blog:
<http://tastingspoons.com>