

Cooking with Amanda – Lentils and Beans

Class 4 - Lentil Loaf

Equipment needed:

- Sharp knife and chopping board
- Garlic press
- Large bowl
- Potato masher, or a fork
- Small electric nut or spice grinder
- Measuring cups and spoons
- Medium pot for cooking lentils
- Skillet with lid for cooking onion, celery and garlic
- 2lb Loaf pan
- Oven

Ingredients needed

- 2 stalks celery – washed
- ½ onion – skin removed
- 2 cloves garlic – skin removed
- 10 ounces firm tofu, drained
- ¼ cup walnuts
- ¾ cup uncooked green/brown lentils – rinsed in sieve
- 1¼ cups quick-cooking oats (or regular rolled oats, but not steel cut)
- 3 tablespoons soy sauce
- 2 tablespoons ketchup (additional for topping)
- 1 tablespoon Dijon mustard
- 2 teaspoons dried parsley
- 1 teaspoon each thyme, sage, and rosemary
- Spray canola oil
- Ketchup, to taste

Pre-heat oven to 350°F. Place rinsed lentils in pot and add 2 cups water. Bring water to a boil and allow lentils to cook for 20 mins.

Chop celery and onion. Add a little water to cover the bottom of your skillet. Turn on heat. Add celery and onion. Press or chop garlic cloves and add to onions. Cover with lid and allow to cook until soft (5 mins). If your skillet doesn't have a lid, be prepared to add a little extra water to prevent the onion from sticking.

Cut 10-12 ounces of tofu from block. Place in a bowl and mash with masher or fork.

Grind walnuts to a paste in a nut grinder. Add nut paste to the tofu.

Drain off any remaining water, and add in the cooked onion, celery and garlic to the bowl.

Add the oats, soy sauce, ketchup, mustard, and dried herbs to the mixture. Stir well to mix.

Ensure lentils are cooked by tasting a few. Drain off any remaining water. Add to the mixture, stir well.

Spray a 2lb loaf pan (or use non-stick silicone bake-ware). Spoon mixture into loaf pan and press to flatten. Top with a layer of ketchup. Bake for 55 to 60 minutes, uncovered, or until a toothpick comes out clean, and edges are crusty.