



Thai Red Lentil Soup

Serves 4-6

Chef Raquel Rivera-Pablo, owner of A Pinch of Salt, graduated with highest honors from the culinary program at the Institute of Culinary Education (ICE) after completing her externship at Le Bernardin in NYC. Chef Raquel served as the nutrition/chef instructor at the West Side Campaign Against Hunger providing patrons with a 12-week hands-on cooking curriculum aimed at teaching healthy, budget-friendly meals incorporating pantry staples with farmer's market produce, while covering culinary lessons like food safety and classical French techniques. Currently Chef Raquel is running a pilot, A Pinch of Salt: The Restaurant Edition a free, 12-week, hands-on culinary training for low-income Bridgeport residents aspiring to be chefs and food entrepreneurs.

A Bridgeport resident, Chef Raquel provides cooking programming for at Hall Neighborhood House, YMCA Ralphola Center, LifeBridge/FreshConnections, senior centers and for the 7 Bridgeport Farmers markets. She also developed and taught the programming for the CREATE Culinary Training program. Chef Raquel is a pending board member of the Bridgeport Food Policy Council and a member of the Bridgeport Farmers Market Collaborative.

Ingredients:

1 medium yellow onion, minced
1 Tbs. of fresh ginger, minced or 1 tsp. of ground ginger
1 ½ Tbs. of curry powder
1 Thai chili pepper (substitute for jalapeño or red pepper flakes)
1 Tbs. of tomato paste
¼ cup of diced tomatoes, canned or fresh
1 cup red lentils, rinsed
1 14-ounce can light, unsweetened coconut milk
Fresh cilantro, chopped, optional
2-3 scallions, sliced thinly, optional
Salt & pepper, to taste
1 lime, quartered, garnish

Directions:

1. Heat 1 Tbs. of olive oil over medium-low heat in a large, heavy soup pot.
2. Add the onions, ginger, curry powder and chili pepper if using. Cook until onions are translucent, about 3-5 minutes.
3. Next, add tomato paste and cook for another 2-3 minutes. Then add diced tomatoes and lentils. Mix well and add enough cold water to just cover the lentils by 2 inches. Reduce heat to low and cook for 35-45 minutes until lentils are soft and soup has thickened.
4. Add in coconut milk, scallions, and cilantro. Mix well. Adjust seasoning as needed with salt & pepper.
5. Serve warm with a wedge of lime.



Chef Raquel Rivera-Pablo

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