

First Grade

Each recipe serves 12. First Grade should make 24 recipes
(288 servings)

Green Lentils and Rice

3 ½ Cups	Basmati Rice
1 1/3 Cups	Green Split lentils*
½ Cup	Butter
2 Medium	Onion, finely chopped
2 cloves	Garlic
2 pieces	Ginger, peeled and shredded
2	Cinnamon Sticks*
8 Whole	Cloves*
8	Green cardamom pods*
2 Tsp.	Ground turmeric*
2 Tsp.	Salt
6 Cups	Water

- **Wash the rice and the lentils, then soak them covered in a bowl of cold water of 20 minutes**
- **Heat the butter in a heavy pan with a tight-fitting lid and fry the onions, garlic, ginger, cinnamon stick, cloves, cardamom, turmeric and salt until the onion is soft and translucent.**
- **Drain the rice and lentils and add to the pan and sauté for 2-3 minutes. Add the water and bring to a boil, reduce to a gentle simmer and cover and cook for 20-25 minutes or until all the water has been absorbed and the rice/lentils are tender. If the water absorbs before it has fully cooked, add water ½ cup at a time and continue cooking. Let the mixture cool and refrigerate in a disposable container (baggies are fine).**
- **Bring the rice/lentils to the Peard kitchen on Thursday, March 11th at drop off.**

***Spices available at front desk after March 1st**