

Lentil bake ..... Frances m's 2 versions  
(Using proportionally 4oz.lentils to 3oz.  
hard cheese; the rest to taste...

Sauté onion in oil, margerine or ghee..  
Add herbes de provence and bay leaf to  
taste

Wash and add lentils  
Plus water to cover,  
Bring to boil and then simmer till dry and  
soft.. add breadcrumbs (approx one and a ½  
to 2 inches of a loaf, grated) and 1 egg  
Also mustard powder, salt and pepper..  
add grated cheese  
Press mixture into greased flat tin or dish  
Sprinkle spare cheese on top and bake for  
30 mins  
At 200C. or mark 6 gas

Another version:

Sauté onion and garlic  
Add bay leaf; tin tomatoes;  
wash and drain red lentils (or other  
preferred lentils)..  
Add water to cover, simmer them seperately  
till soft then  
Add to onions etc with grated breadcrumbs;  
dry mustard; 1 egg  
Mix all together with salt and pepper and  
half of the grated cheese  
Press into greased tin;  
Top with rest of cheese mixed with porridge  
oats and garnish with fresh tomatoes  
Bake ½ hour at 175C. in fan oven



