

Randy's Hoo Haa Lentils

3 c lentils (red or green) *
2 c finely chopped red onion
1 c dried currants or raisins
3/4 c chopped fresh parsley
1/4 c drained capers

Dressing:

1/2 c red wine vinegar
1/4 c Dijon mustard
1 t salt
1/2 t black pepper
1/2 t gr. cumin
1/2 t gr. coriander
1/4 t gr. cardamom
1/4 t gr. cloves
1/4 t gr. nutmeg
1/4 t cayenne pepper
1/4 t gr. cinnamon
1 1/4 c canola oil

Bring about 2 1/2 quarts of water to a boil in a large pot.

* For red lentils - Add lentils and cook 2 minutes. Turn off heat & let stand 5 minutes (check lentils occasionally, they should be just tender)

* For green lentils, simmer about 30 minutes
(if mixing lentils, cook separately!)

Drain lentils and rinse under cold running water until completely cool. Drain well. Mix onion, currents/raisins, parsley and caper in a large bowl then mix in lentils. In a blender, whiz together vinegar, mustard, and all spices until smooth. With blender running, gradually add oil; blend well. Pour dressing over lentil mixture and toss to combine. Add additional salt and pepper if needed. Refrigerate at least 30 minutes before serving to allow flavors to blend. Nice served over a big bed of fresh spinach!