



Sugar Apple

Posts From The Caribbean

Bones' Chickpeas in a Butter and Lentil Sauce

I don't have a photo of this dish because Bones forgot to photograph it on Saturday. He also served dinner and then forgot to mention it. He just laid out the food on the buffet, got a beer and sat down on the balcony with our guests. A few minutes later he had an "aha" moment and remembered to announce that dinner was served. Bones needs a vacation.

1/4 pound butter
Half an onion, peeled and finely diced
1 clove garlic, finely minced
1 cup red lentils
1 teaspoon turmeric
2 bay leaves
3 cups water
2 cans chickpeas, drained
1 can diced tomatoes
salt to taste
handful of fresh chopped cilantro

Melt the butter in a large heavy saucepan over medium-high heat. Add the onions to the pan and fry until brown (careful – don't let them burn and get bitter). Add the garlic and cook for 1 minute longer. Stir in the lentils and cook for 2 minutes. Add the turmeric and bay leaves and stir, then add the water and bring to a boil. When the water boils, turn the heat to low and simmer very slowly until the lentils are soft and starting to break down, about 2 hours.

Add the chickpeas and the tomatoes and salt to taste. Cook for a few minutes to let the flavors come together. Gently stir in the cilantro and serve. *Serves 8 as a side dish.*

<http://www.abigailblake.com/sugarapple>

from the article *Lovely Leftovers* posted on October 19, 2009