



## Red Lentils

Red Lentils are a nutritional food ingredient with valuable protein and fibre that can be consumed in a variety of different ways.

They can be eaten soaked, germinated, cooked, fried and baked. Lentils are used worldwide to cook many different dishes. Lentil dishes are most widespread throughout South Asia, the Mediterranean regions and West Asia. In the Indian subcontinent, lentil curry is part of the everyday diet, eaten with both rice and roti. Boiled lentils and lentil stock are used to thicken most vegetarian curries. They are also used as stuffing in dal parathas and puri for breakfast or snacks. Lentils are also used in many regional varieties of sweets. Lentil flour is used to prepare several different bread varieties, for example Papadam.

Lentils with husks remain whole with moderate cooking; lentils without husks tend to disintegrate into a thick purée, which leads to quite different dishes. The composition of lentils leads to a high emulsifying capacity which can be even increased by dough fermentation in bread making. With a high protein and fibre content per 100g and a pleasant taste, Red Lentils can be used to improve the nutritional profile or can be used with other gluten free ingredients in gluten free products.

There is a growing consumer awareness on what constitutes as a 'better for you' sustainable product. Lentils allow food processors to tap into growing consumer trends. It can be used as an ingredient in low-fat formulas, GMO-free, non-allergen, gluten-free, high protein the list goes on.



### Technical Data

**Product Name:** Red Lentils

**Botanical Name:** *Lens Culinaris*

**Food Safety:** This product has been produced in accordance with HACCP principles

**Shelf life:** 12 months from production date

**Allergen Statement:** No allergens. Gluten may be present

**GM Status:** Produced in a GM free production process

**Certifications available:** HACCP. Kosher and Halal available on request

**Product Variations:**

- Red Lentils
- Split Red Lentils

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