

Lentil Soup By Emeril Lagasse

Servings: 8

Source: Food Network - Lentil Soup with a Curry Crema and Lentil Crackers (episode EE2C09)

Ingredients

For the Soup

- 3 strips bacon, cut into ½" pieces
- 1 large onion, minced (about 1 cup)
- 3 carrots, chopped into ¼" pieces (about ½ cup)
- 1 celery rib, finely chopped (about ½ cup)
- 4 garlic cloves, minced (about 1 tbsp)
- ½ tsp ground cumin
- 1½ tsp chopped fresh ginger
- 2¼ tsp salt
- ¼ tsp cayenne pepper
- 1 lb dried lentils
- 2 quarts chicken stock
- 1 tbsp fresh lime juice
- ¼ cup chopped parsley leaves

For the Curry Crema

- ½ cup creme fraiche or sour cream
- 1 tbsp curry powder

For the Lentil Crackers

- ½ cup cooked lentils, reserved from the soup
- ¼ cup lentil soup puree, reserved
- ¾ cup all-purpose flour
- 1½ tbsp extra-virgin olive oil
- 1¼ tsp kosher salt

For the Parsley Oil

- 1 bunch parsley, leaves picked and washed
- 3 garlic cloves
- ½ to ¾ cup olive oil
- 2 limes, juiced
- Salt to taste
- Freshly ground black pepper to taste

For the Fried Carrots

- ½ lb carrots, peeled
- ½ cup flour
- Salt to taste
- Freshly ground black pepper to taste

Method

1. Cook the bacon in a large pot over medium heat until it has rendered most of its fat, 4 to 5 minutes. Add the onion, carrots, and celery, and cook until softened, 4 to 6 minutes.
2. Add the garlic, cumin, ginger, salt, and cayenne, and cook until fragrant, 2 to 3 minutes.
3. Add the lentils and chicken stock, and bring to a boil. Skim off any foam, cover, reduce the heat to a simmer, and cook, stirring occasionally, until the lentils are very tender, about 30 to 35 minutes.
4. Reserve ½ cup of the cooked lentils and ¼ cup of the soup for the lentil crackers. Puree the remaining soup with an immersion blender until smooth, adjusting the consistency with water if needed. Stir in the lime juice and parsley.
5. For the curry crema, combine the creme fraiche (or sour cream) and curry powder in a small bowl.
6. For the lentil crackers, process the reserved lentils and soup in a food processor into a chunky puree. Gradually mix in the flour until the dough resembles clay. Freeze for 10 minutes, then divide into 6 portions. Flatten each portion and roll through a pasta machine, starting at setting #2 and finishing at #4. Brush with olive oil and sprinkle with kosher salt. Bake at 350°F for 20 minutes.
7. For the parsley oil, puree the parsley, garlic, olive oil, and lime juice together in a food processor or blender; season with salt and pepper to taste.
8. For the fried carrots, cut the carrots into thin strands (julienne), toss with the flour, and season with salt and pepper. Deep-fry at 350°F until golden, about 2 minutes.
9. Serve the soup garnished with a rounded tablespoon of curry crema, a drizzle of parsley oil, and a handful of fried carrots. Serve the lentil crackers alongside.

Notes

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