



Patis Table red lentils are a versatile and nutritious ingredient, perfect for a variety of culinary creations. These lentils are known for their delicate flavor and quick cooking time, making them an excellent choice for busy home cooks and food enthusiasts alike. Packed with protein, fibre, and essential nutrients, they serve as a healthy base for dishes like soups, salads, and, of course, delicious patties. Their vibrant color and smooth texture not only enhance the visual appeal of meals but also provide a hearty component to plant-based diets. Embracing Patis Table red lentils in your cooking can elevate your dishes while also supporting a balanced and nutritious lifestyle.

The Benefits of Patis Table Red Lentils: Nutrition and Health

Patis Table Red Lentils are a powerhouse of nutrition, offering numerous health benefits that make them a fantastic addition to your diet. They are rich in protein, providing a plant-based option for those looking to increase their protein intake without relying on animal products. Additionally, Patis Table Red Lentils are high in dietary fibre, which is essential for good digestive health, helping to maintain a healthy gut and prevent constipation.

Moreover, these lentils are an excellent source of essential vitamins and minerals, including folate, iron, and potassium. Folate plays a vital role in cell division and is especially important for pregnant women, while iron is crucial for energy production and preventing anemia. Potassium contributes to maintaining healthy blood pressure levels. With their low glycemic index, red lentils can also help in managing blood sugar levels, making them a great choice for individuals looking to maintain stable energy throughout the day. Incorporating Patis Table red lentils into your meals not only enhances flavour and texture but also promotes overall health and well-being.

How to Cook Patis Table Red Lentils: A Basic Guide

Cooking Patis Table Red Lentils is simple and requires minimal preparation, making it an ideal choice for quick meals. Here's a basic step-by-step guide to get you started:

1. **Rinse the Lentils:** Begin by placing the desired amount of Patis Table red lentils in a fine-mesh strainer. Rinse them under cold running water for a few moments to remove any dirt or dust. This step ensures the lentils are clean and ready for cooking.
2. **Measure Water:** For every cup of red lentils, measure approximately 2 to 3 cups of water or broth. The amount of liquid may vary depending on your desired consistency;



for a thicker dish, use less liquid, while for a soupier consistency, use more.

3. **Boil:** In a medium-sized pot, bring the water or broth to a boil. Once boiling, add the rinsed lentils, stirring briefly to prevent clumping.
4. **Simmer:** Reduce the heat to low, cover the pot, and let the lentils simmer. Red lentils typically cook in about 15 to 20 minutes, becoming soft and mushy. Stir occasionally to avoid sticking to the bottom.
5. **Check for Doneness:** After 15 minutes, check the lentils for tenderness. If they are soft and break apart easily, they are ready. If not, continue to simmer for a few more minutes, checking regularly.
6. **Drain and Use:** Once cooked to your liking, drain any excess liquid if necessary. Your red lentils can now be used in a variety of dishes, from patties to soups or salads, adding both nutrition and flavor to your meals. Enjoy!

Patis Table Red Lentils Recipe: A Step-by-Step Guide

Creating delicious patties with Patis Table red lentils is a straightforward process that brings together wholesome ingredients for a nutritious meal. Follow this step-by-step guide to make flavourful red lentil patties that can be enjoyed as a snack or paired with your favourite sauce for a filling dish.

Ingredients:

- 1 cup cooked Patis Table red lentils
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 grated carrot
- 1/2 cup breadcrumbs (or gluten-free alternative)
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- Salt and pepper to taste
- 2 tablespoons fresh parsley, chopped (optional)
- Olive oil for frying

Instructions:

1. **Prepare the Lentils:** Begin by cooking your Patis Table red lentils as per the basic cooking guide provided earlier. Once cooked, let them cool slightly.
2. **Mix Ingredients:** In a large mixing bowl, combine the cooked lentils with the chopped



onion, minced garlic, grated carrot, breadcrumbs, ground cumin, smoked paprika, salt and pepper to taste. Add the fresh parsley if desired.

3. **Form Patties:** Using your hands or a spoon, form small patties from the mixture. You can adjust the size according to your preference.
4. **Fry:** Heat a drizzle of olive oil in a pan over medium heat. Once hot, add the patties to the pan and cook for approximately 3-4 minutes on each side until golden brown.
5. **Serve and Enjoy:** Once cooked through and crispy on the outside,

Easy Red Lentil Patties: Quick and Simple Recipe Steps

For a fast and delicious meal, follow these streamlined steps to create your red lentil patties. This recipe is perfect for busy weeknights or as a delightful dish for gatherings.

1. **Combine Ingredients:** In a large mixing bowl, combine the cooked Patis Table red lentils, chopped onion, minced garlic, grated carrot, breadcrumbs, ground cumin, smoked paprika, salt, pepper, and parsley (if using). Mix well until all ingredients are thoroughly integrated. The mixture should be cohesive and easy to shape; adjust with additional breadcrumbs if too wet.
2. **Shape the Patties:** With clean hands, take portions of the mixture and form them into small, flat patties, about the size of your palm. Aim for a thickness of about 1/2 inch to ensure even cooking.
3. **Heat the Oil:** In a frying pan, heat a generous drizzle of olive oil over medium heat. You can test if the oil is hot enough by adding a small piece of the mixture; it should sizzle upon contact.
4. **Fry the Patties:** Carefully place the formed patties into the hot oil, ensuring not to overcrowd the pan. Fry them for about 4-5 minutes on each side or until golden brown and crispy. Adjust the heat as necessary to prevent burning.
5. **Drain Excess Oil:** Once cooked, transfer the patties to a plate lined with paper towels to absorb any excess oil.
6. **Serve and Enjoy:** Your easy red lentil patties are now ready to be enjoyed! Serve them warm with your favorite dipping sauce, in a sandwich, or atop a fresh salad for a nourishing meal.

This quick recipe not only provides a satisfying dish but also exemplifies the versatility and health benefits of Patis Table red lentils.



Traditional Indian Patis Table Red Lentils: Ingredients and Method

This traditional Indian red lentil dish, known as Dal, is rich in flavour and nutrition. It showcases simple ingredients that harmonise beautifully to create a comforting meal. Here's what you'll need and how to prepare it.

Ingredients:

- 1 cup Patis Table red lentils
- 4 cups water
- 1 medium onion, finely chopped
- 2 tomatoes, chopped
- 2 cloves garlic, minced
- 1-inch piece ginger, grated
- 1-2 green chilies, slit (adjust for spice preference)
- 1 teaspoon turmeric powder
- 1 teaspoon cumin seeds
- 1 teaspoon coriander powder
- Salt to taste
- 2 tablespoons ghee or oil
- Fresh coriander leaves, chopped for garnish
- Lemon wedges for serving

Method:

1. **Rinse the Lentils:** Start by rinsing the Patis Table red lentils under cold water in a fine-mesh strainer until the water runs clear. This helps remove any residual starch and dirt.
2. **Cook the Lentils:** In a medium saucepan, add the rinsed lentils and water. Bring to a boil over medium heat, then reduce to a simmer. Cook uncovered for about 15-20 minutes, or until the lentils are soft and mushy. Stir occasionally to prevent sticking.
3. **Prepare the Tempering:** In a separate skillet, heat ghee or oil over medium heat. Add the cumin seeds and let them sizzle for a few seconds. Then, add the chopped onions and sauté until golden brown.
4. **Add Flavours:** Stir in the minced garlic, grated ginger, and slit green chilies, cooking until aromatic. Follow with the chopped tomatoes, turmeric powder, coriander powder,



and salt. Cook until the tomatoes break down and become soft.

5. **Combine Lentils and Tempering:** Pour the tempered mixture into the cooked lentils. Gently mix everything together, adjusting the consistency with water if necessary. Let it simmer for a few more minutes to meld the flavours.
6. **Serve:** Garnish the Dal with chopped fresh coriander leaves and serve hot with lemon wedges on the side. This dish pairs beautifully with rice, naan, or roti, creating a wholesome and satisfying meal. Enjoy the rich, comforting taste of traditional Indian Dal made with Patis Table red lentils!

Middle Eastern Lentil Patties: Flavors and Techniques

Steps

These Middle Eastern lentil patties, known as Mujadara or lentil balls, combine fragrant spices and fresh herbs for a delightful twist. Below are the ingredients and steps to create these flavorful patties that are perfect as an appetizer or main course.

Ingredients:

- 1 cup cooked Patis Table red lentils
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon cinnamon
- 1/4 cup fresh mint leaves, chopped
- 1/4 cup fresh parsley, chopped
- 1/2 cup breadcrumbs
- Salt and pepper to taste
- Olive oil for frying
- Optional: Tahini sauce for drizzling

Method:

1. **Mix the Ingredients:** In a large mixing bowl, blend the cooked Patis Table Red Lentils, finely chopped onion, minced garlic, ground cumin, coriander, and cinnamon. Stir in the chopped mint and parsley, followed by the breadcrumbs. Season with salt and pepper to taste. The mixture should be firm enough to hold its shape but moist enough to form patties; adjust with more breadcrumbs if necessary.



2. **Shape the Patties:** With damp hands, divide the mixture into equal portions and shape them into small, flat patties, about 1/2 inch thick. This helps ensure even cooking and a better texture.
3. **Heat the Oil:** In a large skillet, heat a generous amount of olive oil over medium heat. To test if the oil is hot enough, drop a small piece of the mixture in—it should sizzle immediately.
4. **Fry the Patties:** Carefully place the patties into the skillet, making sure not to overcrowd the pan. Fry them for about 4-5 minutes on each side, or until they turn golden brown and crispy. Adjust the heat as needed to avoid burning.
5. **Serve:** Once cooked, transfer to a paper towel-lined plate to drain any excess oil. Serve the lentil patties warm with a drizzle of tahini sauce, alongside fresh vegetables, or nestled in pita bread for a delicious and nutritious meal.

These Middle Eastern lentil patties are not only scrumptious but also showcase the vibrant flavours of the region, making them a favourite in any culinary repertoire.

Red Lentil Patties with Egg: A Unique Variation Steps

These red lentil patties with egg add a delightful twist to the traditional recipe, incorporating the richness of eggs for added flavour and texture. Here's how to prepare this unique variation.

Ingredients:

- 1 cup cooked Patis Table red lentils
- 2 large eggs
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- Salt and pepper to taste
- 1/2 cup breadcrumbs
- Olive oil for frying
- Fresh herbs (such as parsley or coriander) for garnish

Method:

1. **Mix the Ingredients:** In a large bowl, combine the cooked Patis Table Red Lentils, finely chopped onion, minced garlic, ground cumin, paprika, and seasoning. Mix well,



then add the eggs and breadcrumbs. Stir until all ingredients are evenly incorporated and the mixture holds together.

2. **Shape the Patties:** Using wet hands, form the mixture into small, flat patties, approximately 1/2 inch thick, ensuring they are uniform for even cooking.
3. **Heat the Oil:** In a skillet, heat a sufficient amount of olive oil over medium heat. To check if the oil is ready, drop in a small piece of the mixture—it should sizzle immediately.
4. **Fry the Patties:** Carefully add the patties to the skillet, making sure not to overcrowd the pan. Fry for about 4-5 minutes on each side until they are golden brown and crispy. Adjust the heat as needed to avoid burning.
5. **Serve and Garnish:** Once cooked, transfer the patties to a paper towel-lined plate to absorb any excess oil. Garnish with fresh herbs and serve warm. These red lentil patties with egg make for a delightful snack or main dish, perfect for pairing with a salad or yogurt sauce. Enjoy this nutritious and tasty variation!

Classic Red Lentil Patties: What You Need to Know

Classic red lentil patties are a staple in many households for a reason. They are simple to make, nutritious, and versatile. The foundation of a classic patty includes cooked lentils, onions, garlic, and a mix of spices. You can add breadcrumbs or flour to bind the mixture. Cook them to perfection in a skillet and enjoy them as a snack, appetizer, or main course. Pair with a classic sauce like ketchup or mustard for a familiar taste.

Healthy Patis Table Red Lentils: Low-Fat and Nutritious Options

Patis Table red lentils are an excellent choice for those seeking low-fat and nutritious meal options. Rich in protein, fibre, and essential vitamins, these lentils serve as a fantastic base for a variety of [healthy dishes](#). When incorporated into meals, they help increase satiety and provide sustained energy, making them ideal for weight management and overall health.

To keep dishes light, consider cooking them with minimal added fats, using herbs and spices for flavour enhancement instead. Examples of healthy preparations include simple lentil soups, stews packed with vegetables, or lentil salads tossed with fresh greens, lemon juice, and a touch of olive oil. These recipes not only celebrate the versatility of Patis Table Red Lentils but also align with nutritious eating habits without compromising on flavour.



Storing and Reheating Patis Table Red Lentils: Best Practices

To ensure the freshness and quality of your cooked Patis Table red lentils, proper storage is essential. Allow the lentils to cool completely before transferring them to an airtight container. They can be stored in the refrigerator for up to five days. If you wish to keep them longer, consider freezing the lentils in portioned amounts, which can last for up to three months. When ready to use frozen lentils, simply thaw them in the refrigerator overnight or use the microwave for quick thawing.

When it comes to reheating, the stovetop method is ideal for maintaining texture and flavour. Add a splash of water or broth to a skillet over medium heat, then incorporate the lentils, stirring gently until they are heated through. You can also microwave lentils in a microwave-safe container with a lid, adding a little water to prevent them from drying out. Reheat in short intervals, stirring between, until warmed to your liking. Regardless of your storage or reheating method, Patis Table red lentils can easily become a convenient and delicious meal option.

Creative Variations of Patis Table Red Lentils

Exploring different culinary twists on Patis Table red lentils can elevate your meals while keeping them nutritious. Here are a few creative variations to inspire your cooking:

1. Red Lentil Curry:

Transform the red lentils into a hearty curry dish by sautéing onions, garlic, and ginger with a blend of spices such as turmeric, cumin, and garam masala. Add diced tomatoes and coconut milk to create a rich sauce, then stir in the cooked lentils. Serve this fragrant dish over rice or with naan bread for a comforting meal.

2. Lentil Salad with Roasted Vegetables:

For a refreshing salad, combine cooked Patis Table red lentils with a medley of roasted vegetables like bell peppers, zucchini, and carrots. Dress with a lemon vinaigrette and sprinkle with feta cheese and fresh herbs for an earthy, nutritious side or main dish.



3. Lentil Tacos:

Substitute traditional meat with seasoned Patis Table Red Lentils in taco filling. Sauté cooked lentils with taco seasoning, black beans, and corn, and serve in taco shells with toppings like avocado, salsa, and shredded lettuce for a vibrant and protein-packed meal.

4. Red Lentil Soup with Spinach:

Whip up a comforting red lentil soup by simmering lentils with vegetable broth, chopped spinach, diced carrots, and celery. Enhance the flavour with bay leaves, thyme, and a splash of lemon juice before blending until smooth. This soup is perfect for a quick and wholesome dinner option.

5. Stuffed Bell Peppers:

Create a delicious and visually appealing dish by filling halved bell peppers with a mixture of Patis Table Red Lentils, quinoa, spices, and diced tomatoes. Bake until the peppers are tender and serve them as a standalone main course or as part of a larger meal.

These creative variations not only showcase the versatility of Patis Table red lentils but also open a world of flavours, making them a delightful addition to your culinary adventures.

Red Lentil Patties for Special Diets: Gluten-Free and Vegan Options

For those following gluten-free or vegan diets, red lentil patties can easily be adapted to meet specific dietary needs without sacrificing flavour or texture.

Gluten-Free Version:

To create gluten-free patties, simply replace traditional breadcrumbs with gluten-free alternatives such as ground oats, almond flour, or cornmeal. These substitutes not only bind the mixture but also add unique flavours and textures. Be sure to check labels on spices and other ingredients to ensure they are gluten-free.

Vegan Version:

For vegan red lentil patties, omit any egg from the recipe and use a binding agent such as a



flaxseed meal mixture. To prepare, mix one tablespoon of flaxseed meal with two and a half tablespoons of water, allowing it to sit for about five minutes until it thickens. This will help hold the patties together. Additional ingredients like mashed sweet potatoes or cooked quinoa can further enhance the nutritional profile and add moisture.

By making these simple modifications, red lentil patties become an inclusive dish suitable for those with gluten sensitivities or those seeking a plant-based meal, ensuring everyone can enjoy this delicious, nutritious option.

The Role of Red Lentils in Middle Eastern Cuisine

Red lentils hold a significant place in Middle Eastern cuisine, celebrated for their versatility and nutritional benefits. Traditionally used in a variety of dishes, they are often the star ingredient in soups, stews, and side dishes, providing a rich source of protein and fibre. One of the most beloved dishes featuring Patis Table Red Lentils is *Mujadara*, a comforting blend of lentils and rice topped with caramelized onions, which highlights the simple yet hearty nature of this ingredient.

Additionally, Patis Table Red Lentils are key in making *Koshari*, a popular Egyptian street food that combines lentils with pasta and rice, all drizzled with a spicy tomato sauce. Beyond their culinary uses, Patis Table Red Lentils also carry cultural significance, often symbolizing nourishment and abundance in festive occasions and family gatherings. By embracing their role in Middle Eastern cuisine, red lentils not only enhance flavour profiles but also bridge traditions of health-conscious eating with rich cultural heritage.

Tips for Perfecting Your Red Lentil Patties Recipe

Creating the perfect red lentil patties can be a rewarding culinary experience. Here are some tips to help you achieve the ideal texture and flavor:

1. **Soak Your Lentils:** While Patis Table Red Lentils generally don't require soaking, rinsing them well before cooking can help remove any debris and improve their overall texture. If you choose to soak them for a few hours, that can also reduce cooking time and enhance digestibility.
2. **Proper Binding:** The right binding agent is crucial for the structure of your patties. If you're looking for a firmer texture, consider adding a bit more ground oats or flour to your mixture. Ensure your ingredients are well combined, avoiding overly wet mixtures that can fall apart during cooking.



3. **Experiment with Seasonings:** Don't be shy about adding various spices and herbs to your lentil mixture. Cumin, coriander, smoked paprika, and fresh herbs like parsley or cilantro can elevate the flavor profile and make your patties even more delightful.
4. **Chill the Mixture:** After mixing your ingredients, let the patty mixture chill in the refrigerator for at least 30 minutes. This helps firm up the mixture, making it easier to form cohesive patties that hold together when cooking.
5. **Cook on Medium Heat:** To achieve a crispy exterior, cook your patties on medium heat. This allows the outside to brown beautifully while ensuring the inside cooks through without burning. You can also finish them off in the oven to keep them warm and crisp.
6. **Try Baking:** For a healthier alternative, consider baking your patties on a lined baking sheet at 375°F (190°C) until crispy. Flip them halfway through to ensure an even cook.

By following these tips, you'll be well on your way to perfecting your red lentil patties, creating a delicious and nutritious dish that's sure to please everyone at the table.

Where to Buy the Best Red Lentils for Patties

Finding high-quality Patis Table Red Lentils is essential for making delicious and nutritious patties. Whether you're shopping online or at local stores, here are some tips on where to find the best red lentils:

1. **Health Food Stores:** Many health food stores offer a variety of organic and bulk options for Patis Table Red Lentils. Check their dry goods section for different brands and quality, often allowing you to buy in larger quantities at competitive prices.
2. **Local Markets:** Ethnic grocery stores, particularly those specialising in Middle Eastern or Indian foods, typically have fresh and affordable Patis Table Red Lentils. The knowledgeable staff can often provide recommendations on the best varieties for your cooking needs.
3. **Online Retailers:** Websites like Amazon, Thrive Market, or specialty food sites offer a wide selection of red lentils. Look for brands that focus on organic products and pay attention to customer reviews to ensure you are getting quality lentils.
4. **Farmers' Markets:** If you're keen on supporting local agriculture, visiting farmers' markets can be a great way to find fresh, locally-grown red lentils. Engaging directly with farmers allows you to learn more about their growing practices and the quality of their products.
5. **Supermarkets:** Major supermarkets often carry Patis Table Red Lentils in the



international or organic sections. Brands may vary, so consider experimenting with different products to find the one that suits your taste and recipe best.

By sourcing your red lentils from these places, you can ensure that you're selecting the best ingredients for your patties, leading to a delightful culinary experience.

Conclusion

Red lentil patties are a delicious and nutritious addition to any meal plan. With their versatility and health benefits, they are a great choice for anyone looking to enjoy tasty and wholesome food. By following the tips and recipes in this blog post, you can create perfect red lentil patties every time. Ready to explore more? Sign up for our newsletter and stay updated with the latest recipes and cooking tips. Happy cooking!

FAQs

Can I make red lentil patties ahead of time?

Yes, you can prepare the mixture in advance and store it in the refrigerator for up to 24 hours. This not only saves time but also allows the flavors to meld for an even tastier result. Form the patties just before cooking.

How do I store leftovers?

Leftover red lentil patties can be stored in an airtight container in the refrigerator for up to three days. To maintain their crispiness, reheat them in the oven instead of the microwave.

Can I freeze red lentil patties?

Absolutely! To freeze, shape the patties and place them on a baking sheet in a single layer until solid. Then transfer them to a freezer-safe bag or container. They can be cooked directly from frozen; just add a few extra minutes to the cooking time.

What can I serve with red lentil patties?

These patties pair wonderfully with a variety of sides. Consider serving them with a fresh salad, yogurt dip, or in a sandwich with your favorite toppings for a delicious meal.

Are red lentil patties suitable for a gluten-free diet?



Yes, you can easily make gluten-free red lentil patties by using gluten-free oats or flour as the binding agent. Always check the labels on any additional ingredients to ensure they meet your dietary requirements.

What is Red Lentil?

Red lentils are small, lens-shaped pulses that are part of the legume family. They are particularly valued for their quick cooking time and mild, nutty flavor. They are available in various varieties, with the most common being split red lentils, which cook down quickly and create a creamy texture, making them ideal for soups, stews, and patties.

Which Country is Famous for Red Lentils?

Turkey is one of the countries most famous for red lentils, producing a significant portion of the world's supply. Indian cuisine also widely uses red lentils, known locally as masoor dal, in various dishes, making India another key player in their cultivation and consumption.

Is Masoor Dal the Same as Red Lentils?

Yes, masoor dal refers specifically to red lentils in Indian cuisine. While masoor dal typically denotes the split version of red lentils, the terms are often used interchangeably. Both refer to the same pulse, celebrated for its nutritional value and versatility in dishes.

Why are Red Lentils So Good?

Red lentils are packed with nutritional benefits, offering an excellent source of protein, dietary fiber, and essential vitamins and minerals, including folate and iron. They are low in fat, making them a healthy option for various diets. Their ease of preparation—cooking in about 15-20 minutes—combined with their ability to absorb flavors, makes them a favourite ingredient for wholesome meals. Additionally, they are naturally gluten-free, catering to those with specific dietary restrictions.