

# LENTIL SOUP

## for Holy Saturday

Recipe from *A Continual Feast* by Evelyn Birge Vitz.

In many countries it is customary to eat something on Good Friday to which vinegar is added, in memory of the vinegar that Christ was offered on the cross. To this good soup the vinegar adds a symbolic touch.

1 pound lentils  
10 cups water  
4 medium onions, chopped  
2 cloves garlic, chopped  
2 stalks celery, chopped  
2 carrots, chopped  
½ cup vegetable oil  
6 sprigs parsley, chopped  
1 bay leaf  
1 tablespoon tomato paste  
Salt and freshly ground pepper to taste  
2 tablespoons wine vinegar or cider vinegar

Rinse and pick over the lentils, removing any pebbles. Bring the water to a boil in a large pan. Add the lentils, and boil for 2 minutes. Remove from the heat and let the lentils stand for 1 hour.

In the meantime, saute the onions, garlic, celery, and carrots in the oil.

When the lentils have sat for an hour, add to them the vegetables, along with the parsley, bay leaf, and tomato paste. Simmer, partly covered, until the lentils are tender. In the last few minutes of cooking, add the salt and pepper.

Just before serving, add the vinegar. You might wish to do this at the table—and to explain why you are adding it.

Yield: 8-10 servings