

# Sunvil Supper Club

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April 2014 - Lentil stew with rice, beef & plantain



## Ingredients

Lentil stew	2 tbs white onions, finely chopped
1-1.5 tbsp olive oil	700ml water
½ red onion, diced	Salt to taste
½ pepper, diced	Thin beef steaks
1-2 tomatoes, diced	2 tbs olive oil
2 garlic cloves, grated	4 thin beef steaks
1 tbsp cumin	10 garlic cloves, crushed
½ tsp coriander	4 tsp cumin
700ml water	4 tsp pepper
200g lentils	4 tsp salt
Salt to taste	Fried plantains
Ecuadorian style rice	3 ripe plantains
400g white rice	1-2 tbs oil
2 tbs olive oil	

## Method:

### Lentil Stew

Heat the oil on medium heat in a large cooking pot. Add the onion, pepper, tomatoes, garlic, cumin, and coriander and cook for 5 minutes, stirring occasionally. Add the water and increase heat to bring to boil. Add the lentils and reduce the heat to medium low. Cover partially and cook until the lentils are tender. Add salt to taste.

### Ecuadorian style rice

Heat the oil on medium heat in a medium size cooking pot. Add the onions and cook for about 2 minutes until soft. Add the rice and stir it in so that it is well coated by the oil. Add the water and salt to taste, and bring to boil. Let the water reduce until it barely covers the rice. Cover with a lid, reduce the temperature to low, and cook for 20-25 minutes.

### Thin beef steaks

Mix the garlic, cumin, pepper and salt to make a marinade paste. Season the steaks with the garlic paste and let rest for at least half an hour. Heat a few tablespoons of oil in a frying pan and fry the meat over medium high on each side.

### Fried plantains

Peel and diagonally slice the plantains into six slices per plantain. Heat the oil over medium heat in a large frying pan and add the plantains. Fry until golden on each side – the plantains will cook very quickly so turn them before they burn. Place the cooked plantains on a paper towel to drain any excess oil. Sprinkle with a little salt and serve warm.

Lentil stew with rice, beef and fried plantain is a traditional Ecuadorian dish. It is a simple, nourishing, homey meal that is very popular. Typical Ecuadorian cuisine contains rice, potatoes and beans. The nation is also well-known for its variety of dishes made with bananas or plantains, often serving as a must-have side dish.

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