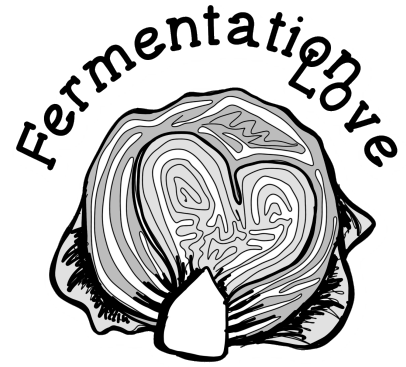




Lentil Soup

The tastiest ferment for this soup is *Gstopfta Rumm*, a dish known only in the small village of Wallenfels in the Franconian Forest. It is a mixture of swedes, carrots and leeks. Other fermented root vegetables or even cabbage work just as well.

Ingredients

2½ cups dried lentils
10½ oz smoked tofu
2 tbsp cooking oil
1 onion
2 garlic cloves
1 cup Gstopfta Rumm

1 tbsp tomato paste
4¼ cups water
1–2 tsp sugar
Salt & pepper
Bread & parsley to serve

Preparation

Drain the Gstopfta Rumm or your alternative ferment thoroughly. Rinse the lentils under cold water. Cut the tofu into bite-sized pieces. Peel the onion and garlic, then dice the onion and mince the garlic.

Heat the oil in a large pot. Sauté the smoked tofu and onion until they've taken on a little color. Add the garlic and Gstopfta Rumm, sprinkle with sugar, and let everything caramelize slightly. Stir in the tomato paste, then add the lentils and pour in the water.

Bring to a boil and simmer for one hour, stirring occasionally. At the end of the cooking time, season to taste with pepper, and, if desired, brine.

Spoon into bowls, sprinkle with fresh herbs, and serve with bread.

Cooking the fermented vegetables along with the rest of the dish adds a naturally mild acidity that is traditionally paired with lentils. If you prefer a more intense flavor, add a couple of spoons of the Gstopfta Rumm only at the very end; this keeps the acidity fresher and more pronounced.

If you'd like to make the original recipe, you can find my recipe for Gstopfta Rumm at <https://fermentation.love/einfache-rezepte/gstopfta-rumm/>

Gutes Gelingen! — Katju