

LENTIL AND APPLE PATE

4 oz brown Chinese lentils

½ pint water

1 bay leaf

2 small (or 1 really large) Bramley apples(I use whatever apples I have)

4 tablespoons olive oil

1 medium onion finely chapped

2 tablespoons tahini

Salt and pepper to taste

Put the lentils into a saucepan with water and bayleaf, seasoning well. Cover and set on a low heat. Bring to the boil and simmer gently for 1 hr, by which time all the water should be absorbed and the lentils tender.

Remove the bayleaf and mash the lentils well.

Peel, core and finely chop the apples.

Heat the oil in a saucepan on a low heat and mix in the onions and apples.

Cover and cook them gently for 10 minutes or until the apples can be beaten to a pulp

Thoroughly mix in the lentils.

Take the pan from the heat and mix in the tahini.

Press the mxture into an earthenware bowl or four ramekins and chill until firm.