



Equipping women, children and families
in India to discover a brighter future.

Cathedral Relief Service (CRS) Lent 2025 Appeal

Lent Lunch recipe suggestion

Lent Lunches are a great way to support a charity and raise awareness of their work. The Friends of the Cathedral Relief Service aims to raise £30,000 - £40,000 per year for the work of CRS.

Planning your Lent Lunch

Decide when and where you are going to have your Lent Lunch for CRS. Invite family and friends for an event that you might hold in your home. If you are planning a larger event, ensure the venue is sufficiently equipped and you have plenty of people to help. Allow 60-90 minutes for the event. Make it clear that the event is a fundraiser, and you might want to suggest a minimum donation.

During the lunch consider using one or more of the following resources to introduce people to the work of CRS:

- Read one of the reflections and use discussion the questions to talk about CRS
- Use one of the suggested prayers at the end the lunch

Recipe idea

A typical staple food of West Bengal is dal and we hope the recipe below provides your Lent Lunch with a flavour to what is a daily meal for many millions of people in Kolkata.



Ingredients

- 1 tbs Groundnut oil
- 1 x Onions, finely chopped
- 3 Garlic cloves, crushed or grated
- Finger size portion of Root ginger, grated
- 2 whole chilli, pricked to release the flavour
- 1 tsp Ground Coriander
- 1 tsp Ground Cumin
- 1 tsp Garam Masala
- 1.2 tsp Fenugreek
- 150g Red lentils
- 1 litre of Vegetable stock
- Chopped fresh coriander and plain yogurt to garnish

Method

Heat the oil in a pan and sweat the onion for 5 minutes. Add the garlic, ginger and chilli and cook for a further couple of minutes. Sprinkle in the spices and cook for a few minutes to release the flavours. Add the lentils and give them a good stir so they are coated in the onion and spice mixture. Add the stock and simmer for 20 minutes. If you want a smooth soup, blitz in a blender or with a hand stick. Sprinkle over the chopped coriander and a dollop of yogurt.

At the end of the Lent lunch, please ask people to consider signing up for our newsletter by visiting the CRS website www.friendsofcrs.co.uk or by emailing secretary@friendsofcrs.co.uk

Donations can be made online www.friendsofcrs.co.uk/donate

Thank you for hosting a Lent Lunch in aid of CRS.

The Friends of the Cathedral Relief Service

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