

The French Country Kitchen

French Lentil Side + Bowl

1½ cups French green lentils
1 sprig rosemary
1 spring thyme
1 sprig parsley
1 shallot, peeled
1 garlic clove, peeled
1 teaspoon sea salt + water

Dressing

3 tablespoons olive oil or walnut oil
2 tablespoons wine or sherry vinegar
1 tablespoon caper, chopped
1 teaspoon Dijon grainy mustard
2 teaspoons maple syrup
¼ teaspoon sea salt
¼ teaspoon black pepper

Vegetables

1 tablespoon sunflower oil
1 carrot, finely chopped
1 celery stalk, finely chopped
¼ cup of corn
¼ cup red pepper
¼ cup red onion or shallots, finely chopped
Herb of choice: Tarragon, parsley, chives, dill

Salad Bowl add-ons options just before serving

½ cup medium firm local cheese, small cubes
¼ cup fresh peas
¼ cup toasted walnuts, chopped.
handful of cherry tomatoes, cut in quarters
Herb of choice: Tarragon, parsley, chives, dill

Preparing the lentils - Rinse the lentils and look for any small stones. Place lentils in a medium pot, with the three springs (tied with piece of string), onion, one peeled garlic clove. Cover with water about two inches above the lentils and add salt. Stir and bring to a boil. Then simmer for about 20 -25 minutes – just tender, but still a bit firm. Strain in a colander and remove herbs and vegetables. Place lentils in a large bowl lined with paper towel for 5 minutes. Remove paper and toss lentils with the dressing. Set aside in the bowl.

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Prepare the dish - While the lentils are cooking, prepare the dressing, vegetables and any Salad Bowl add-ons.

Dressing - Place all the ingredients for the dressing in a mason jar with a lid and shake till mixed. Add into the lentils and toss when ready.

Vegetables - In a medium size frypan, place the sunflower oil and heat to medium. Add in the carrot, celery, onion, corn and red pepper and sauté for 5 minutes till slightly soft. Mix this into the lentils and serve immediately as a side dish or cool to become a salad later.

Salad Bowl Add-ons - When ready to serve as a salad, take the appropriate amount from the bowl and add in the finishing ingredients of your choice.