

LENTILS DU PUY

EQUIPMENT

MIXING BOWL, MESH STRAINER, CHEF KNIFE, FRYPAN

INGREDIENTS

250GM PUY LENTILS, 1 DICED ONION, 1 DICED CARROT,
4 SPRIGS OF THYME, 20 TARRAGON LEAVES, 20GM BUTTER, 300GM CHICKEN STOCK, SALT, CRACKED BLACK PEPPER, OLIVE OIL

METHOD

ONE DAY PRIOR TO COOKING THE LENTILS PLACE THEM IN A BOWL AND COVER WITH COLD WATER AND PLACE IN THE FRIDGE

THE FOLLOWING DAY STRAIN THE WATER FROM THE LENTILS AND RINSE THEN UNDER COLD RUNNING WATER AND SET ASIDE

HEAT A FRYPAN OVER MEDIUM HIGH HEAT AND ADD A SPLASH OF OLIVE OIL THEN ADD THE ONION AND CARROTS AND SWEAT FOR 5 MIN

ADD THE BUTTER AND CONTINUE TO COOK FOR A FURTHER 2 MINS THEN ADD THYME, COOK UNTIL THE ONION JUST BEGINS TO BROWN

ADD THE LENTILS TO THE PAN ALONG WITH THE STOCK AND BRING TO THE BOIL

PLACE THE PAN IN A PRE-HEATED OVEN STEAM SETTING 80 DEGREES FOR 20 MINS

REMOVE FROM THE OVEN AND CHECK THAT THE LENTILS HAVE COOKED, SEASON WELL WITH SALT AND CRACKED BLACK PEPPER, STIR IN REMAINING BUTTER GARNISH WITH FRESH HERBS AND OLIVE OIL AND SERVE

HINTS & TIPS

- COOKING PULSES LIKE LENTILS OR DRIED BEANS IT IS IMPORTANT NOT TO SEASON WITH SALT BEFORE OR DURING THE COOKING PROCESS. SALT FORMS A BARRIER AROUND THE BEAN OR PULSE AND DOES NOT ALLOW THEM TO COOK THROUGH CORRECTLY
 - YOU CAN ALSO MAKE THIS A DISH VEGETARIAN BY CHANGING THE CHICKEN STOCK FOR VEGETABLE STOCK
- LENTIL DISHES LIKE THIS ALSO BENEFIT FROM TIME MUCH LIKE A SOUP THEY WILL BE BETTER THE FOLLOWING DAY. THEY ARE AN EXCELLENT ACCOMPANIMENT TO ANY POULTRY DISH
- DU PUY LENTILS OR FRENCH GREEN LENTILS ARE PRIZED FOR THERE TEXTURE AND THE ABILITY THEY HAVE TO MAINTAIN THEIR SHAPE