

CHEF BARTON'S LENTIL DU PUY & FENNEL/WATERCRESS SALAD

INGREDIENTS

Cooking ingredients:

- 1 cup of Lentil du Puy
- 3 cups of vegetable or chicken stock
- 2 oz lardons or pancetta (optional)
- 2 shallots, brunoise
- ½ fennel bulb, cut into ¼
- 1 bay leaf
- 2 sprigs of thyme
- 1 whole clove of garlic, smashed
- Salt, to taste
- Pepper, to taste

Finishing ingredients:

- 1 shallot, brunoise
- 1 carrot, brunoise
- ¼ cup chopped Italian parsley
- 2 tsp of sherry vinegar
- Reserved lentil juice, reduced

For the fennel and watercress salad:

- 1 ½ fennel bulb, finely shaved
- 1 bunch watercress, washed and picked
- ½ basket cherry tomatoes, halved
- EVOO, to taste
- Salt, to taste
- Pepper, to taste

INSTRUCTIONS

LENTILS:

1. Add your lardons or pancetta to a cold pan with a thick bottom, bring the heat to medium and let cook until most of the fat is rendered. Alternatively, use olive oil. Add shallots and cook until translucent.
2. Add lentils, stir well. Add thyme, bay leaf, smashed garlic, salt and pepper. Add the stock until ingredients are covered, and place your fennel in the liquid, making sure all the lentils are still covered. (The fennel is just for flavor and will be removed later.)
3. Bring to a simmer, cover, and let cook on low heat for 20 minutes. Checking and stirring it once in a while.
4. Place a colander into a heatproof bowl. Once the lentils are just past al dente, strain and reserve the juice.
5. Place lentils on a sheet tray or large plate, remove the fennel bulb, bay leaf, garlic, and thyme sprigs, and set aside.

FINISHING INGREDIENTS:

1. Pour reserved lentil juice back into the pot and start reducing it down by half or until nice and thick.
2. Add your cooked lentils, raw shallot and carrot brunoise, chopped parsley, and half the vinegar. Mix well.
3. Season to taste and add more vinegar if desired.

FENNEL AND WATERCRESS SALAD:

1. Place all your ingredients in a bowl, sprinkle with salt, pepper, and olive oil, toss well.
2. Serve on top or on the side of the lentils.

