



## French Lentil Salad

February 15, 2024

*Think of this salad as country caviar. The small French lentils keep their shape after cooking and make a heart and healthy salad that will be a bistro hit in your home!*

**Makes about 4 cups**

### Ingredients:

- 1 cup dried small French green lentils (lentilles de Puy A.O.C.)
- 1 generous tablespoon Dijon mustard
- Pinch of kosher salt; more to taste
- Pinch of freshly ground black pepper; more to taste
- 3 tablespoon red wine vinegar (not balsamic)
- 1/3 cup extra-virgin olive oil
- 1 small carrot, minced
- 2 large shallots, divided
- 2 tablespoons chopped fresh curly parsley
- Fleur de Sel or Maldon Sea Salt

### Method:

1. Rinse the lentils and remove any gravel, odd pieces or dirt that may have found it's way in the box. You will likely need to rinse and discard the water 4-5 times until the water is clear. Note that you do not need to soak the lentils before cooking.
2. Fill a heavy-duty 4-quart saucepan with enough water to cover by 2 inches—about 4-5 cups of water.
3. Peel and add one of the shallots--which will likely have 2 bulbs if it is a large one—to the water and add lentils.
4. Bring to a gentle boil; reduce the heat to medium-low, and simmer until the lentils are just tender but not falling apart, about 25-30 minutes total cooking time. Watch the liquid level carefully during cooking, adding enough water to keep the lentils just covered if too much has evaporated.
5. Meanwhile, chop the remaining shallot and the carrot using a mini chopper or by hand and set aside. Cut the tops off of a bunch of the curly parley with kitchen scissors or chop with a knife.
6. Make the vinaigrette by combining the mustard, salt, pepper, and vinegar in a small bowl or jar. Whisk until the mustard is dissolved, then slowly whisk in the oil until fully combined and emulsified. If using a jar, put all ingredients in the jar, screw on the lid and shake until emulsified.



7. When lentils are done, drain and place them in a bowl large enough to mix in the other ingredients.
8. Add the vinaigrette, carrot, shallots, and parsley. Toss gently, taking care not to smash the lentils. Taste and adjust the vinegar if necessary (the dressing should have a hint of mustard and enough acidity from the vinegar to offset the richness of the lentils). Finish the dish with Fleur de Sel or Maldon Sea Salt.
9. This salad can be served warm, at room temperature, or cold. It will keep, tightly covered, in the refrigerator for up to 3 days.