



Sugar Apple

Posts From The Caribbean

Lentils with Cotechino

*3 tablespoons extra virgin olive oil
a few slices of cotechino sausage, chopped
1 large shallot, peeled and minced
1 medium carrot, peeled and diced
1 stalk celery, diced
14 ounces lentils
1/2 cup chicken stock
2 1/2 cups water
1 bay leaf
1 sprig fresh thyme
1 teaspoon kosher salt*

Heat the olive oil in a heavy saucepan over medium heat until hot but not smoking. Add the cotechino and cook, stirring occasionally, until it's golden brown (about 5-10 minutes). Be careful - the fat in the cotechino might pop and splatter so have a lid handy to cover the pan if necessary.

Add the shallot, carrot and celery and cook until soft, about 5 minutes. Add the lentils, stock, water, bay leaf, thyme and salt and bring to a boil. Cover and cook until the lentils are soft, about 20 minutes, adding a little more water if the lentils start to dry out.

Remove the bay leaf and thyme sprig, taste for seasoning, and serve. *Serves 8 (or 4 with leftovers for soup or salad).*

<http://www.abigailblake.com/sugarapple>
from the article *Beans Love Pork* posted on February 3, 2010