

Shopping List

Produce

Garlic

Curly Parsley

Shallot

Bulk

French green lentils

Sea salt

Bay leaf

Extra-virgin olive oil

Hazelnuts

Grocery

Red wine vinegar

Dijon mustard

Veggie bouillon or low-sodium chicken stock

Dairy

Goat cheese (gouda)



Check out our recipe blog at
www.communityfoodcoop.wordpress.com

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Lentil Salad with Hazelnuts and Goat Cheese



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Lentil Salad with Hazelnuts and Goat Cheese

INGREDIENTS

1 c French green lentils, picked over and rinsed
Sea salt and pepper
6 c water
2 c low-sodium broth—chicken or veggie*
5 garlic cloves, lightly crushed and peeled
1 bay leaf
5 T extra-virgin olive oil
3 T red wine vinegar
2 t Dijon mustard
1/4 c chopped curly parsley
1 large shallot, minced
2 oz crumbled or shredded hard goat cheese, like gouda (about 3/4c)
1/3 c coarsely chopped toasted hazelnuts

* for a vegetarian version, I recommend using Rapunzel vegan vegetable bouillon—boil 3 cups of water and add one bouillon cube and boil until it dissolves. Measure out 2 c to use in the recipe (you should only have a small amount left over).

INSTRUCTIONS

1. Place lentils and 1 t salt in a bowl. Cover with 4 cups warm water (about 110°F) and soak for 1 hour. Drain well (drained lentils can be covered and refrigerated for up to 2 days before cooking). If you are using bouillon instead of chicken broth, you can prepare it at this point, as it will also keep in the fridge for a couple days.
2. Adjust oven rack to middle position and heat oven to 325°F.
3. Place drained lentils, 2 c water, broth, garlic, bay leaf, and 1/2 t sea salt (reduce salt if using bouillon cube broth) in a medium oven-proof saucepan or baking dish. Cover and bake until lentils are tender but remain intact, 40-60 minutes.
4. Meanwhile, whisk oil, vinegar, and mustard together in a large bowl.
5. Drain lentils well; remove and discard garlic and bay leaf.
6. Add drained lentils, parsley, and shallot to dressing and toss to combine.
7. Season with salt and pepper to taste.
8. Transfer to serving dish and sprinkle with goat cheese and hazelnuts.

Notes from Cook's Illustrated:

Why this recipe works: The most important step in making a lentil salad is perfecting the cooking of the lentils so they maintain their shape and firm-tender bite. There turns out to be two key steps. The first is to brine the lentils in warm salt water. With brining, the lentil's skin softens, which leads to fewer blowouts. The second step is to cook the lentils in the oven, which heats them gently and uniformly. Once we had perfectly cooked lentils, all we had left to do was to pair the earthy beans with a tart vinaigrette and boldly flavored mix-ins.

French green lentils, or Lentilles du Puy, are our preferred choice for this recipe, but it works with any type of lentil except red or yellow. Brining helps keep the lentils intact, but if you don't have time, they'll still taste good. The salad can be served warm or at room temperature



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