

French Lentils with Roasted Roots, Caramelized Onions and Thyme

INGREDIENTS:

- 1 rutabaga, peeled and diced
- 1 celeriac, peeled and diced
- 4 tablespoons extra virgin olive oil
- ¾ cup dry French Lentils
- 3 cups vegetable stock or water
- Sea salt
- 4 tablespoons lemon juice
- 1 large red onion, diced
- 4 cups thinly sliced mushrooms
- 1 tablespoon mirin
- 2 tablespoons fresh thyme leaves, minced
- Chopped fresh parsley

PREPARATION:

Preheat oven to 400 degrees Fahrenheit. Place rutabaga and celeriac in 8x8-inch baking dish, drizzle with 2 tablespoons olive oil and roast for 20 minutes. Remove from oven and toss. Return to oven and roast an additional 20 minutes or until soft. Remove from oven and set aside. While vegetables are roasting, rinse lentils and place in pot with vegetable stock and a pinch of salt. Bring to a boil, reduce heat, cover and simmer until just tender (about 20 minutes). Remove from heat and drain well. Toss with 1 tablespoon oil and 1 tablespoon lemon juice and set aside. In large skillet over medium heat, sauté onion in remaining tablespoon of olive oil until it starts to brown (5-7 minutes). Add mushrooms and mirin and continue sautéing. Add remaining 3 tablespoons lemon juice one tablespoon at a time to deglaze pan and caramelize vegetables. Add thyme and sauté 2 minutes longer, for a total sauté time of 12-14 minutes. Fold in lentils and roasted vegetables and sauté to heat through. Season to taste with salt, toss with parsley and serve.

http://www.huffingtonpost.com/2011/11/01/lentil-recipes_n_1070678.html

NOTES FROM THE COOK: