



Medium



over 2 hrs

Castelluccio lentils

SERVES: 4

PREPARATION TIME: 15 minutes

COOKING TIME: 2h

Ingredients

- 1 and ½ cups dry Castelluccio lentils
- 2 tablespoons Filippo Berio Umbro Gran Cru Extra Virgin Olive Oil
- 1 medium yellow onion, minced
- 1 celery stalk, finely chopped
- 4 carrots, finely diced
- ¼ pound guanciale or pancetta (pork cured jowl), diced
- ¼ teaspoon red chili pepper flakes
- 2 garlic cloves, minced
- 6 sage leaves, minced
- 1 tbs fresh thyme leaves
- 1 bay leaf
- 7 cups chicken broth or water, plus extra as needed
- 3 tablespoons canned San Marzano Tomatoes, pureed
- sea salt to taste
- freshly ground black pepper to taste
- toasted bread

Method

1. Rinse the lentils, strain them and set aside. Heat 1 tablespoon of the olive oil in a 2-quart pot and add the onion, celery, carrots, guanciale or pancetta, chili, garlic, sage, and thyme. Cook 10 minutes over low heat, covered, or until the onion is soft and golden, stirring frequently.
2. Increase the heat to medium and cook for 2 minutes, stirring constantly.
3. Add lentils and bay leaf, and cook over medium high heat for 2 minutes, stirring gently. Add the broth or water (it should cover the lentils by 1 inch), tomatoes, and the salt. Bring to a boil, stir and cover.
4. Cook over medium-low heat for 1 hour or until the lentils are soft, adding a little more broth or water if needed. The consistency should be thick, not soupy. Season with more salt to taste.