

Lentils with smoked bacon, roasted root vegetables, maple syrup and garlic butter croutons |

Recipe for 12 tapas

Description

Comforting soup with green lentils, bacon and root vegetables.

Note

Be careful not to overcook the lentils, as it's important that they retain a texture under the tooth.

Ingredients

Lentils

- 100 Gr French shallot
- 100 Gr Bacon
- 250 Gr Green puy lentils
- 1 Liter(s) Water
- 30 Ml Xérès vinegar

Vegetables

- 150 Gr Nantaise carrot
- 150 Gr Parsnip
- 150 Gr Baby potatoes

Croutons

- 0.25 Unit(s) Baguette
- 30 Gr Butter
- 2 Clove(s) Garlic
- 4 Sprig(s) Parsley

Topping

- 12 Dash Maple syrup

Preparation

- Preparation time **60 mins**
- Preheat your **oven** at **400 F°**

Setting up

Peel and finely chop the shallots.

Cut bacon into bacon strips.

Peel and dice the root vegetables.

Dice the baguette and chop the garlic and parsley.

Lentils

In a hot saucepan with butter, brown the chopped shallots and bacon without browning.

Add the lentils and mix well, then cover with 3 times the volume of water.

Bring to the boil, then reduce to a simmer for 35 minutes.

After 20 minutes, add the sherry vinegar.

Once the lentils are cooked, make sure they are well seasoned.

Croutons

Cut the bread into small cubes (croutons). In a bowl, combine the croutons and chopped garlic, pour in the melted butter and season with salt and pepper.

Mix well with your hands, then spread out on an ovenproof tray.

Place in the oven for 8 to 10 minutes, watching for a nice golden color.

Add the chopped parsley once the croutons have cooled.

Vegetables

Place the root vegetables on an oven tray, drizzle with olive oil, add thyme, salt and pepper. Place everything in the oven for about 20 to 25 minutes, depending on size.

Give them a good blast on the grill before serving, to give them a slightly enhanced color.

On the place

Place the lentils in the bottom of your bowls, then add the roasted vegetables.

Drizzle with maple syrup and finish with garlic croutons.

Bon appétit!