

Braised Beluga Lentils

<http://userealbutter.com/2016/08/07/braised-beluga-lentils-recipe/>
from *Food Wishes*

1 cup beluga or black lentils
1 tbsp olive oil
1 tbsp unsalted butter
1/2 cup onion, 1/4-inch dice
1/2 cup celery, 1/4-inch dice
1/2 cup carrot, 1/4-inch dice
6 sprigs fresh thyme
salt
fresh ground pepper
2 cups chicken stock
1 tbsp champagne vinegar to taste
2 tbsps Italian (flat-leaf) parsley, chopped

Pick over the lentils and remove any errant rocks or random grains. Rinse the lentils with water (you can soak them for a few hours, but it isn't necessary) and drain. Set aside. In a medium saucepan, heat the olive oil and butter over medium-high heat until the butter melts. Sauté the onion, celery, and carrot in the hot oil until the onions become soft and translucent (about 6 minutes). Stir in the thyme. Season with salt and pepper to taste. Stir the lentils into the vegetables until they are well-coated in the oils. Pour the chicken stock into the pan.

Bring the liquid to a boil then reduce the heat to a simmer. Cover and cook the lentils for about 30 minutes until tender. If you don't want much liquid in the lentils, then leave the cover off and cook until the lentils are tender and the liquid has been absorbed – about 30 minutes. Either way, check on the lentils periodically during cooking to make sure the liquid hasn't boiled away completely before the lentils are done. Remove from heat, pick out the thyme (discard), and stir in the vinegar and parsley. Season with more salt and pepper to taste. Serves 4-6.