

Chefs A' Field

Culinary Adventures That Begin on the Farm



COTECCHINO WITH LENTILS

BY CHEF HOLLY SMITH OF CAFÉ JUANITA

INGREDIENTS

- 1** 5-pound cotechino sausage, (or any large sausage-preferably hand made locally)
- 1½** cups dry Puy or Partridge Eye lentils
- 1** medium yellow onion--finely diced
- 1** carrot--finely diced
- 3** cloves of garlic--minced
- 2** tablespoons fresh thyme--chopped
- 2** teaspoons rosemary--chopped
- 2** ounces sherry vinegar
- 3** ounces of chicken stock
- 3** tablespoons unsalted butter
- 2** ounces extra virgin olive oil
- Pinch of cayenne pepper
- Kosher salt (to taste)

FOR THE SAUSAGE

Place cotechino (sausage) in low boiling water and simmer for about 40--minutes or until internal temperature reaches 160--degrees (do not boil hard as this will break the skin). Remove from pan.

FOR THE LENTILS

Cook lentils until tender. Drain and cool. In sauce pan sweat onions and garlic in olive oil and 1--tablespoon of butter. Add carrot and increase temperature to medium--high lightly cooking the carrot.

Add the lentils, season with salt and combine well. Add half of the rosemary and thyme. Deglaze with sherry vinegar and reduce by half. Add half of the stock and reduce--season with cayenne and salt (to taste). Add remaining butter, herbs, and season to taste.

ON THE PLATE

Plate lentils and top with 3 slices of cotechino (sausage). Drizzle with olive oil and serve.

Courtesy of Chefs A' Field.