

Lentil Salad

Lentil Salad

1 Cup Le Puy Lentils (rinsed)
2 Cups Water
2 cloves garlic, crushed
1 Fennel Bulb, thinly sliced on a mandolin
1 Gala/Jazz Apple, diced
4 Scallions, thinly sliced
2 TBL Parsley, chopped
Salt and Pepper to Taste

Dressing

¼ Cup Apple Cider Vinegar
½ Cup Extra Virgin Olive Oil
1 small shallot finely minced
2 TBL Honey
1 TBL Lemon Juice
Salt and Pepper to Taste

Cook Time 1 hour/Serves 4-6 ppl

Method:

Preheat Convection Steam Oven to Convection Steam setting at 210 F

Spread lentils evenly into a ¼ sheet tray (deep enough to hold lentils and water), place garlic on top, cover with water, season with salt and pepper. Carefully transfer to the oven and cook/steam for 45 min.

Once the lentils are tender, remove them from the oven and allow to cool.

When the lentils are cool to touch, transfer to a large bowl, add remaining ingredients, toss together and dress to taste.

Dressing:

Whisk together the Apple Cider Vinegar, Shallots, Honey, and Lemon Juice. Slowly drizzle the Extra Virgin Olive Oil while whisking vigorously to emulsify the dressing. Season to taste.