



Lentil glossary

Because all dried lentils, beans and peas are called dal in India, the word doesn't necessarily refer to actual lentils, which are legumes.



Pink lentil, or skinned and split masoor dal. This vibrant lentil cooks to a creamy consistency.



Split and skinned white urad beans, or urad dal. Very low in fiber so they also cook up to smooth texture.



Yellow split peas or channa dal. Used like lentils in Indian cooking, channa dal have a high protein content and rich flavor.



Black beluga or baby beluga lentils. These tiny black lentils have a glossy appearance when cooked.



Common brown lentils have a khaki color. These are the lentils you'll see in supermarkets everywhere.



Umbrian lentils. These green-brown or dark brown lentils stay firm with cooking and have a nutty flavor.



Lentils du Puy. These speckled green lentils from France are similar to Umbrian lentils but are smaller and take less time to cook.

— Tara Duggan



CRAIG LEE / *The Chronicle*; styled by VICTORIA MCGINLEY

Castelluccio Lentils Braised in Red Wine

Serves 4-6

Chef Staffan Terje at Perbacco in San Francisco serves these lentils with boiled cotechino sausage, a fresh pork sausage that is available from Molinari and sometimes from A.G. Ferrari stores

1½ cups Castelluccio or Umbrian lentils, or French du Puy lentils, washed and drained

2 cups red wine (Barbera or Dolcetto)

2 cups low-sodium chicken stock (or poaching liquid from cotechino sausage)

1 bay leaf

1 onion, peeled and quartered + ½ cup small-diced onion

1 carrot, halved lengthwise + ½ cup small-diced carrot

1 rib of celery + ½ cup small-diced celery

2½ teaspoons kosher salt or to taste

½ teaspoon freshly ground pepper

½ cup good extra virgin olive oil

½ cup chopped Italian parsley

Instructions: Place lentils, wine, stock, bay leaf and large pieces of onion, carrot and celery in a large pot with 2 cups water. Bring to a boil, then turn down to a simmer. Simmer, covered, until lentils are almost tender and not starchy, about 40-50 minutes. Season with salt and pepper. Remove from heat, remove vegetables and bay leaf and discard.

Add diced vegetables to lentils and put back on the stove, adding more water if necessary to cover

fully. Finish cooking until lentils and vegetables are tender, about 10-15 minutes. Taste and add more salt if needed. Lentils should be moist and juicy, but not soupy.

Drain the lentils, reserving stock. Return the stock to the pan and simmer over medium-low heat until reduced to a saucy consistency, another 15-30 minutes. Add the sauce to the lentils.

Add olive oil and parsley and serve.

Per serving: 395 calories, 13 g protein, 32 g carbohydrate, 19 g fat (3 g saturated), 0 cholesterol, 923 mg sodium, 8 g fiber.