

1991

WARM LENTIL SALAD WITH SAUSAGE

SERVES 4 (MAIN COURSE)

ACTIVE TIME: 35 MIN START TO FINISH: 50 MIN

This bistro classic is enriched by rounds of smoky, spicy sausage. All you need is a leafy salad and a glass of red wine. The French green lentils that we prefer are prized for their finesse; they also hold their shape better than some other varieties and are less starchy.

- 2 cups French green lentils (13 oz),
picked over and rinsed
- 6 cups water
- 1 California bay leaf or 2 Turkish
1 teaspoon salt
- 1 medium onion, finely chopped
(1 cup)
- 2 carrots, cut into ¼-inch dice (1 cup)

- 2 celery ribs, cut into ¼-inch dice
(1 cup)
- 1 tablespoon finely chopped garlic
- ½ teaspoon dried thyme, crumbled
- ¼ teaspoon black pepper
- ½ cup plus 2 tablespoons extra-virgin
olive oil
- ¼ cup red-wine vinegar
- 1 tablespoon Dijon mustard
- ¾ lb smoked kielbasa or other smoked
sausage (not low-fat), cut
crosswise into ¼-inch-thick slices
- ¼ cup finely chopped fresh flat-leaf
parsley

► Bring lentils, water, and bay leaf to a boil in a 2- to 3-quart heavy saucepan, then reduce heat and simmer, covered, until almost tender, about 15 minutes. Stir in ½ teaspoon salt, then simmer lentils, covered, until tender but not falling apart, 3 to 5 minutes.

► While lentils simmer, cook onion, carrots, celery, garlic, thyme, ¼ teaspoon salt, and ⅙ teaspoon pepper in 2 tablespoons oil in a 12-inch heavy skillet over moderately low heat, stirring occasionally, until vegetables are just softened, 7 to 9 minutes.

► Make vinaigrette by whisking together vinegar, mustard, and remaining ¼ teaspoon salt and ⅙ teaspoon pepper in a bowl. Add remaining ½ cup oil in a slow stream, whisking until blended well.

► Drain lentils in a colander, discarding bay leaf, and return to saucepan along with vegetable mixture and vinaigrette. Cook over low heat, stirring, until heated through. Keep warm, covered.

► Brown kielbasa in cleaned and dried 12-inch heavy skillet (in 2 batches if necessary), turning over once, about 2 minutes per batch. Stir kielbasa and parsley into lentils.

