

Black Lentil Soup & Celery Salad

with Crispy Maitakes & Smoked Sea Salt

We've included the perfect finishing touch for this dish: alderwood smoked sea salt.

Alderwood, a tree native to the Pacific Northwest, has been used to smoke fish and meats for hundreds of years. The same technique can be applied to salt, giving it a deep, delicious, earthy pop of flavor. It's the cherry on the sundae, the icing on the cake, the crowning stroke of this delightful dish.



Ingredients

- 4 Cloves Garlic
- 3 Ounces Maitake Mushrooms
- 3 Stalks Celery
- 2 Ounces Aged Gouda
- 1 Bunch Parsley
- 1 Fennel Bulb
- 1 Carrot
- 1 Red Onion
- 1 Shallot
- 1 Tablespoon Sherry Vinegar
- 1 Cup Beluga Lentils
- 3 Tablespoons Vegetable Demi-Glace
- 1 15-Ounce Can Crushed Tomatoes
- 1/8 Teaspoon Alderwood Smoked Gray Sea Salt

Makes 2 Servings
About 515 Calories Per Serving

Instructions



Prepare the ingredients:

Wash and dry the fresh produce. Peel and mince the garlic. Cut off and discard the root of the mushroom and, using your hands, separate it into large chunks. Thinly slice 2 of the celery stalks on an angle; small dice the remaining stalk. Grate the cheese. Pick the parsley leaves off the stems; discard the stems. Remove and discard the core of the fennel, then small dice the bulb. Peel and small dice the carrot and onion. Peel and mince the shallot to get 2 tablespoons of minced shallot (you may have extra shallot); place the minced shallot in a bowl with the **vinegar**.



Cook the vegetables:

In a large pot, heat 2 teaspoons of olive oil on medium-high until hot. Add the **garlic, carrot, diced celery, fennel and onion** and season with salt and pepper. Cook, stirring occasionally, 5 to 7 minutes, or until softened.



Add the lentils:

To the pot of vegetables, add the **lentils** and cook, stirring frequently, 1 to 2 minutes, or until lightly toasted. (This will bring out their nutty flavor.)



Finish the soup:

Stir in the **vegetable demi-glace, tomatoes and 3½ cups of water**. Bring the mixture to a boil. Once boiling, reduce the heat to medium-low and simmer 18 to 20 minutes, or until slightly thickened. Season with salt and pepper to taste. (You may add up to ½ cup more water to achieve your desired consistency.) Turn off the heat and add **all but a pinch of the Gouda cheese** (save the rest for the salad). Stir until melted and completely incorporated.



Cook the mushrooms:

While the soup simmers, in a medium pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **mushrooms** in a single, even layer and cook, stirring occasionally, 2 to 4 minutes, or until browned and crispy. Season with salt and transfer the cooked mushrooms to a paper towel-lined plate; set aside.



Make the salad & plate your dish:

While the soup finishes simmering, season the **shallot-vinegar mixture** with salt and pepper. Slowly whisk in **2 tablespoons of olive oil** until well combined. In a medium bowl, toss the **sliced celery, parsley and remaining cheese** with enough **vinaigrette** (you may have extra vinaigrette) to coat the salad. To plate your dish, divide the **soup** between 2 bowls and garnish with the **crispy mushrooms and smoked salt**. Serve with the salad on the side. Enjoy!