

French Lentils with Dijon

a recipe from www.maureenabood.com

Use tiny French green lentils for this salad, and be careful not to overcook them. It's worth the effort to use all of the aromatics in the cooking broth. The dressed lentils taste great at room temperature; they will keep in the refrigerator for several days. My recipe is based on one from *Saveur's* story on a Beaujolais grape harvest lunch. Makes 4-6 servings.

- 2 cups French green lentils, picked over and rinsed
- 1 small yellow onion, peeled and halved
- 3 sprigs fresh parsley
- 1 sprig fresh thyme
- 1 bay leaf
- 1 garlic clove, peeled
- 3 tablespoons Dijon mustard
- 3 tablespoons red wine vinegar
- 3 tablespoons olive oil
- Salt and freshly ground black pepper
- 2 tablespoons finely chopped shallot

In a medium-sized pot, cover the lentils by about 1 ½ inches with cold water. Add the onion, parsley, thyme, bay leaf, and garlic clove. Bring to a boil over high heat, then reduce heat to medium-low and simmer for about 15 minutes, until the lentils are tender.

In a small bowl or glass jar, make the dressing. Add the mustard, vinegar, and oil and whisk or shake until combined. Season to taste with salt and pepper.

Drain lentils, then remove and discard bay leaf, thyme, parsley, and onions. Dress the warm lentils with the dressing and add the shallots. Taste and adjust seasoning. Serve at room temperature.