

Recipes and Tips



Lentil Stew with Sausage

6 servings

3 tablespoons extra-virgin olive oil
1 pound large (sweet or hot) Italian sausages
2 garlic cloves, thinly sliced
2 medium carrots, peeled and cut into ¼-inch dice
2 celery stalks, cut into ¼-inch dice
1 small yellow onion, cut into ¼-inch dice
1 tablespoon tomato purée
salt and black pepper
700 ml vegetable stock
500g passata
150 gr dried brown lentils
2 dried bay leaves
½ cup finely grated Pecorino Romano cheese, for garnish

In a large heavy pot, heat oil over medium. Cut the sausages into 1-inch segments and add to the pot. Allow the sausages to sear and brown on all sides for 3 to 4 minutes, stirring occasionally. Leaving the oil and brown bits behind, transfer the sausages to a dish.

Add the garlic, carrots, celery and onion to the pot and allow to cook for 5 minutes, stirring occasionally, until vegetables have softened and onion is translucent; add salt to taste.

Stir in the tomato purée until the vegetables are coated, then stir in the vegetable stock, passata and lentils. Add the sausages and bay leaves; bring to a boil, then reduce to a simmer.

Cover the pot and simmer gently for 45 to 50 minutes, stirring occasionally to ensure the lentils are not sticking to the bottom. The final dish should be thick and lentils will have a bit of a bite. Discard bay leaves. Season to taste with salt and pepper; garnish each serving with cheese.