

Lentil Sauce



Ingredients

- 1 lb green lentils
- 2 cups onion, chopped
- 2 cups celery, chopped
- 2 cups carrots, chopped
- 3 garlic cloves, chopped
- 3 tbsp tomato paste
- 2 qt water
- 3 tbsp olive oil
- 3 tsp pink salt
- 1 tsp black pepper
- 1 sprig fresh thyme
- 1 sprig fresh sage
- 16 oz tomato sauce

Instructions

1. In a large Dutch oven, heat olive oil over medium heat.
2. Add carrots, garlic, celery, onion, thyme, and sage. Cook, stirring frequently, until vegetables are soft and lightly golden (5–7 minutes).
3. Stir in tomato paste, salt, and pepper. Cook until tomato paste darkens (2–3 minutes).
4. Add water and lentils and bring to a boil.
5. Cover, reduce heat to medium-low, and simmer until lentils are tender (35–40 minutes).
6. Stir in tomato sauce and simmer for an additional 5 minutes.

Rustic Sourdough Bread

(1 loaf)



Ingredients

- 1 lb bread flour
- 1½ cup water
- 2 tsp sea salt
- 100 g sourdough starter
- 1 tbsp olive oil

Instructions

1. Combine flour, water, salt, and sourdough starter in a mixing bowl. Mix for about 1 minute until the flour absorbs the water. Cover and rest for 10 minutes.
2. Pour a little olive oil over the dough. Gently stretch the dough by pulling from all four sides. Shape into a ball and rest in a warm place for 1½ hours.
3. Repeat step 2 one more time.
4. Transfer dough to a work surface. Stretch the dough as much as possible, fold it over itself, and reshape into a ball. Rest for 20 minutes.
5. Shape the dough and place into a proofing basket. Cover and let rise until doubled in size. Refrigerate overnight.
6. The next day, preheat oven to 400°F. Place a cast-iron pot in the oven for 5 minutes to heat. Transfer the dough into the hot pot, score the top with a sharp blade, cover, and bake 20 minutes. Remove the lid and bake another 20 minutes until internal temperature reaches 200°F.

Lentil Soup



Ingredients

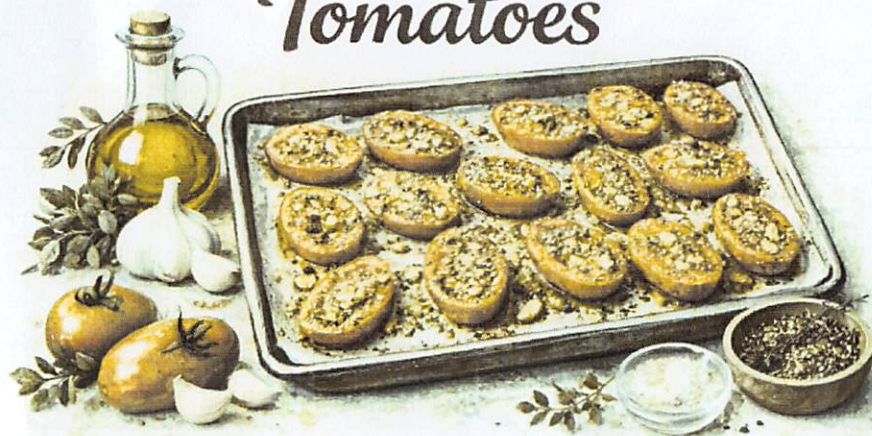
- 1 lb green lentils
- 2 cups onion, chopped
- 2 cups celery, chopped
- 2 cups carrots, chopped
- 3 garlic cloves, chopped
- 1 large potato, small cubes
- 3 tbsp tomato paste
- 2 qt water
- 1 tsp cumin
- 1 tsp coriander
- 3 tbsp olive oil
- 3 tsp pink salt
- 1 tsp black pepper
- 1/4 bunch cilantro, chopped



Instructions

1. In a large Dutch oven, heat olive oil over medium heat.
2. Add carrots, garlic, celery, onion, and potatoes. Cook, stirring frequently, until vegetables are soft and lightly golden (5–7 minutes).
3. Stir in tomato paste, coriander, cumin, salt, and pepper. Cook until tomato paste darkens (2–3 minutes).
4. Add water and lentils and bring to a boil.
5. Cover, reduce heat to medium-low, and simmer until lentils are tender (35–40 minutes).
6. Optional: blend about 3 cups of soup until almost smooth and return to the pot.
7. Serve topped with fresh chopped cilantro.

Oven Roasted Tomatoes



Ingredients

- 1 1/2 lb roma tomatoes
- 1/4 cup olive oil
- 1 tsp dried oregano
- 1 tsp dried thyme
- 6 garlic cloves, finely chopped
- 1 tsp pink salt
- 1/4 tsp black pepper



Instructions

1. Preheat oven to 400°F (200°C).
2. In a small bowl, mix olive oil, oregano, thyme, garlic, salt, and pepper.
3. Spread halved roma tomatoes on a rimmed sheet pan or baking dish in a single layer, flesh side up.
4. Place about a teaspoon of the marinade on top of each tomato.
5. Roast in the middle of the oven for 25–30 minutes, until tomatoes are fork tender and slightly caramelized.



Lentil Spaghetti



Ingredients

- 1 lb fresh spaghetti
- 20 oz lentil sauce
- 6 pieces oven roasted tomato
- 3 cups fresh spinach, chopped
- 2 garlic cloves
- 2 tsp olive oil
- 1 tsp pink salt



Instructions

1. Heat olive oil over medium heat. Stir in garlic and cook until golden brown.
2. Add spinach and salt and cook for about 1 minute.
3. Add roasted tomatoes and crush them gently with a spoon.
4. Stir in the lentil sauce and simmer for 5 minutes.
5. Meanwhile, bring 2 quarts of water and 1 tsp salt to a boil.
6. Add pasta and cook for about 3 minutes until tender.
7. Drain pasta in a colander, reserving ½ cup of the pasta cooking water.
8. Add pasta to the sauce along with the reserved pasta water and cook over moderately high heat, stirring until the pasta is evenly coated.

Asparagus Soup



Ingredients

- 2 shallots, chopped
- 1 bunch asparagus, chopped
- ½ large potato, peeled and cubed
- 2 tbsp olive oil
- 2 cups baby spinach
- 1 tsp pink salt
- ¼ tsp black pepper
- 1 qt water



Instructions

1. Heat olive oil over medium heat and sauté shallots until golden brown.
2. Add asparagus, potatoes, and salt. Cook for about 1 minute.
3. Add water, bring to boil, and simmer until potatoes are fork-tender (about 15 minutes).
4. Transfer soup to a blender, add spinach, and blend until smooth. Leave the blender lid slightly open to allow steam to escape.
5. Return the blended soup to the pot, bring to a light boil, and serve.

