

French Lentil Pate

Servings: 4
Prep Time: 15 minutes
Cook Time: 30-40 minutes
Storage: 5 days in refrigerator
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Ingredients

- 2 TBSP Coconut Oil
- ½ cup carrots, small dice
- ½ cup celery, small dice
- ½ cup onion, small dice
- 2 cups French Lentils *
- 4 cups vegetable broth
- 2 stalks fresh thyme
- 2 teaspoons Herbs de Provence
- Salt and pepper to taste

Instruction

In a saucepan, heat oil on medium heat.

When hot, sauté carrots, onion and celery and cook until tender for 8-10 minutes.

Add lentils, thyme, spice, and broth. Bring to a boil and reduce to a simmer. Cook until lentils are tender aprx 20-30 minutes. Broth should almost entirely be absorbed. Set aside to cool.

Set aside 2 cups of the lentils. In a food processor, pulse the remaining lentils until creamy. Mix all lentils in bowl. Season with salt and pepper to taste. This is not a smooth pate. The flavor and texture changes over time. It is more like a traditional pate once refrigerated. It is more of a soft dip when served warm.

Notes

I used green lentils and 3 cups broth

Adapted Sanctuary Bistro recipe

CC's S.O.U.L. Food

Chef Chandra's Seasonal/Sustainable, Organic, Unprocessed, and Local Food

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