

# LENTILLES GARNIES

## GRATIN OF LENTILS WITH MEAT

Prepared by: Rhonda O'Dell, November 2017

From Julia Child's Kitchen

2 cups washed lentils

6 cups water

2 ½ to 3 pounds meat cut into serving chunks: homemade or Italian or Polish sausages and/or pork shoulder butt, ham, country spareribs, or lamb shoulder

About 2/3 cup mirepoix (1/2 cup each finely diced carrot, onion, and celery cooked until tender in 3 tablespoons butter or oil), in a medium saucepan

3 tablespoons flour

½ cup red or white wine, or dry white French vermouth

1 ½ cups ham stock, meat stock, or canned beef bouillon

1 bay leaf

¼ teaspoon thyme or oregano

Salt and pepper

3 tablespoons minced shallots or scallions

3 tablespoons minced parsley

¼ cup fresh white bread crumbs

Preheat oven to 450 degrees. Place the washed lentils in a 2 ½-3-quart saucepan, add 3 cups of water- no salt yet- and bring to just below the simmer. Maintain at just below the simmer for 30 minutes, until barely tender. Drain. Meanwhile, dry the chunks of meat in paper towels, spread in a roasting pan, and brown in the upper-middle level of preheated oven for 25 to 30 minutes, turning the meat and basting occasionally with accumulated fat and juices in the pan. Prepare the mirepoix also, and when done, blend in the flour, cook slowly, stirring, for 2 minutes, and remove from heat; beat in the wine, then the stock, and simmer 5 minutes, add the herbs to this sauce, and correct seasoning.

Choose a baking dish such as a 9- by 12-inch oval 2-inches deep, and butter it lightly. Fold the lentils and sauce together, and spread in the baking dish. Arrange the browned meat on top, pushing the pieces into the lentils. Pour fat from roasting pan into a small bowl, and deglaze pan with a little wine or bouillon (pour in liquid, set over heat, and scrape coagulated meat juices into liquid with a wooden spoon, boiling rapidly until liquid is syrupy); pour over the meat. Season meat lightly with salt and pepper; sprinkle the shallots or scallions, parsley, and bread crumbs over all. Baste with 2 spoonfuls of fat reserved from the roasting pan.

Preheat the oven to 375 degrees. About 40 minutes before serving, set in an upper-middle level of oven, until sauce is thick and bubbling hot, and crumbs are nicely browned.

