



Stufato di lenticchie – Italian Lentil Stew

Lentil Stew with Pancetta and Parmesan



Easy



2 Servings



45 min.



This popular Italian lentil stew warms you from the inside out—and delights with the smoky flavor of pancetta, an Italian cured pork belly. Condimento Bianco adds a refined freshness to this authentic Italian dish and rounds out the flavor. This recipe originates from the Umbria region, where it is, among other things, a traditional New Year's Eve dish.

For our recipe, we used Umbrian mountain lentils (Castelluccio di Norcia). The advantage: They have a thin skin and don't need to be soaked. Their intense flavor is also a defining characteristic. It's no wonder, then, that these lentils are highly prized by gourmets and are often prepared with just a few ingredients. This allows their distinctive flavor to shine through and lets the lentils fully develop their aroma.

Ingredients

150 g lentils (mountain lentils from Umbria, Castelluccio di Norcia)
600 ml beef broth
(alternatively, you can use vegetable broth or veal stock)
50 ml Condimento Bianco
1 onion
100 g pancetta (Italian belly bacon)
2 carrots
100 g celery
2 tbsp olive oil
150 g ORO di Parma organic chopped tomatoes
60 g Parmesan
Salt
black pepper

Step 1: The Preparation

To prepare the stew, start by roughly dicing the onions and finely chopping both the celery and the carrots. Then you can go ahead and rinse the lentils.

Step 2: The Stew

Heat a generous splash of olive oil in a pot and sauté the pancetta pieces. After a short while, add the carrots and celery. Add the onions as well and sauté everything for about a minute, stirring occasionally. Next, add the lentils and the ORO di Parma chunky tomatoes. Stir everything together well once more, pour in the beef broth, and let the stew simmer for 30 minutes—this allows the ingredients to develop their full flavors. Finally, stir in the Condimento Bianco vinegar and remove the stew from the heat before seasoning with salt and pepper. Grate some Parmesan over the top to give the stew that special something. Buon appetito!

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