
Typ: Fleisch

Quelle: Nigel Slater: the 30-min cook, S. 191

Bemerkungen: Sausage and lentils is one of the most satisfying dishes imaginable. Tinned lentils are a possibility, though somewhat pointless here as small green or brown lentils do actually cook in less than 30 minutes. Just.

Italian grocers, and some supermarkets, sell spicy Italian sausages. Even the one they call mild is spicier than ours. Don't eschew the type sold in vacuum packs, they are surprisingly good, and usually very juicy. Unopened, they will last for a couple of weeks in the fridge, though check the sell-by date. I find them a little too garlicky as a breakfast sausage.

Ich würde das eine Art "feste Linsensuppe" nennen. Die Pilze mildern den Geschmack (WG).

Zutaten: For 2

100 g small brown or green lentils, such as those from Le Puy
75 g pancetta or smoked bacon (z.B. Dörrfleisch)
small onion, finely chopped
100 g brown mushrooms, chopped
1 large clove of garlic, sliced
2 tablespoons chopped parsley
4 plump pork sausages, spicy Italian ones or best butcher's (hessische grobe Bauernbratwurst tut's auch)

Rezept: Rinse the lentils in a sieve in running cold water. Cut the pancetta or bacon into small cubes and fry in a deep pan till the fat runs. If it fails to, in other words if your bacon was too lean, then add a tablespoon of oil. Fry the onion in the fat for 4-5 minutes till it starts to soften and then add the mushrooms and the garlic. Stir, cover with a lid and cook for 5 minutes.

Add the lentils and enough boiling water to cover them by an inch or so (about 600 mL). Cook over a moderate heat for 20 minutes, then test for 'doneness'. They will probably need another 5 minutes. Season with salt and black pepper, and stir in the parsley. Meanwhile, fry the sausages till they are done to your liking. I suggest at least 20 minutes over a moderate heat with a bit of fat. When the sausages are brown and tender, turn up the heat under the lentils to evaporate most, but not all, of the liquid, while you slice the sausages. Serve them on hot plates on a bed of the lentil and mushroom mixture.