



LENTIL & CHESTNUT SOUP

BY Caterina Romano's kitchen

DIRECTIONS

1. Heat a large soup pot, add the olive oil, carrots, onion and celery stalks. Season with salt & pepper and sauté for 15 minutes until vegetables are soft.
2. Add the lentils to the pot and sauté for 2 minutes.
3. Add the vegetable stock one ladels at a time.
4. Add the rind of parmiggiano Reggiano. Cook at medium heat for 45 minutes.
5. Add the chestnuts and cook for additional half hour.
6. For the garnish, heat a touch of olive oil in a frying pan. Add the chestnuts and pumping seeds. Season with kosher salt and sauté for about 5 minutes.
7. When done set the garnish aside.
8. Back to the soup. Using an immersion blender, blend everything together to your desired smoothness.
9. Adjust seasoning to taste before serving.
10. Add the garnish to the soup along with some parmiggiano Reggiano and serve.

INGREDIENTS

4 TBSP of olive oil
1 cup of chopped carrots
1 cup of chopped sweet onions
1 cup of chopped celery stalks
2 ½ cups of dried lentils
14 cups of hot vegetable stock
1 rind of parmiggiano Reggiano
3 cups of cooked chestnuts

GARNISH

1 ½ cups of chestnuts
3 TBSP of pumpkin seeds

NOTES

Place the dry lentils in a bowl covered with water. Allow soaking for a minimum of 24 hours. Change water twice.

ENJOY THE LENTIL & CHESTNUT SOUP