

Lentils with Black Pudding Stew

Ingredients

- Bacon
- Lentils
- Black Pudding
- 3 cloves of Garlic
- Celery
- Shallots
- Carrots
- Red Wine Vinegar

Recipe

1. Get a pan nice and warm with a splash of oil in there
2. Peel and cut your shallots in half so they have a flat edge and place them face down in the pan
3. As they begin to caramelise, add a few knobs of butter. When they begin to brown turn them over.
4. Whilst this is happening, crush the 3 cloves of garlic and put to aside
5. Dice the carrots and celery
6. Take the caramelised onions out of the pan into a separate tin for roasting
7. Add another knob of butter to the now empty pan and add in the bacon – as it begins to cook add in the garlic
8. Make sure you keep stirring the pan
9. Add in your veggies with a nice pinch of salt and any fresh veggies
10. Add another knob of butter and keep stirring for around 15 minutes
11. After 15 minutes, add the shallots back to the pan and gently stir
12. Crumble in a stock cube with a generous splash of water and let the pan steam for 4-5 minutes. If the water reduces too quickly, add some more water
13. In a separate warm pan, add some oil and add your black pudding
14. Whilst the Black Pudding starts to fry, add your pre-cooked lentils into the pan of veggies and give it a good stir
15. Let the Black Pudding get nice and crispy on one side, then flip it over. Once done, take it off the heat
16. Take the pan of veggies and add a bit knob of butter, stirring it in with the pan off the heat.
17. To finish off, add a splash of red wine vinegar