Chef John39s Black Lentil Soup

Jacob · 30/09/2024



Prep Time

1 hr 25 mins

Dificult

Medium

Servings

4

Description

Use black beluga lentils for lentil soup instead of green Theres absolutely nothing wrong with green lentil soup but once you start using black beluga lentils youll have a hard time going back These beauties cook up meltinyourmouth tender but still retain their structural integrity giving the soup a thick satisfying body with a light nonstarchy mouthfeel

Ingredients

— - 2 teaspoons vegetable oil - 4 ounces bacon

— chopped - 1 cup chopped yellow onion - 1 cup diced carrots - 1 cup diced celery - salt and ground black pepper to taste - ½ teaspoon ground cumin - ¼ teaspoon dried thyme - 1 pinch cayenne pepper

— or to taste - 1 ¼ cups black beluga lentils - 5 cups chicken broth

— or as needed - 1 bay leaf - ¼ cup chopped fresh flat-leaf parsley

— divided - 1 teaspoon extra-virgin olive oil

— or as needed

Instructions

1. Heat vegetable oil in a large pot over medium heat. Cook and stir bacon in hot oil until browned and crisp
2. 5 to 7 minutes. Add onion
3. carrots
4. celery
5. and salt; cook and stir until onion is softened and translucent
6. about 10 minutes. Season with black pepper
7. cumin
8. thyme
9. and cayenne pepper. Pour lentils into bacon mixture and stir until completely coated in rendered bacon fat. Add chicken broth and bay leaf; bring to a simmer. Reduce the heat to low and cook
10. adding more chicken broth as needed
11. until lentils are tender
12. 45 minutes to 1 hour. Season with salt
13. black pepper
14. and cayenne pepper to taste. Stir in 3 tablespoons parsley. Ladle soup into bowls
15. sprinkle remaining parsley over top
16. and drizzle with extra-virgin olive oil.