

GREEN GRAPE AND BELUGA LENTIL SALAD WITH CHARMOULA VINAIGRETTE

Yield: Eight ½-cup portions

Ingredients	Amounts
Beluga lentils	1 cup
Bay leaf	1 ea.
Thyme sprig	1 ea.
Salt	as needed
Red bell pepper	1 ea.
Green grapes, halved	1 cup
Preserved lemons, rind only, ¼" dice	1 ea.
Almonds, raw, sliced, toasted	¼ cup
Carrot, grated	½ cup
Green onions	2 ea.
<i>Charmoula</i>	
Cumin seeds	1 tsp.
Parsley leaves	½ cup
Cilantro leaves	½ cup
Lemon, juice of	¼ cup
Sweet paprika	½ tsp.
Extra-virgin olive oil	½ cup
Garlic clove	1 ea.
Ground black pepper	as needed
<i>Garnish</i>	
Cilantro leaves	¼ cup

Method

1. Pick through lentils and remove any debris. Rinse lentils well under cold running water.
2. Combine lentils, bay leaf, and thyme sprig in a sauce pot and cover with 2 inches of water.
3. Bring to a boil and turn down to a simmer. Cook for 15 minutes, then add 1 teaspoon of salt. Cook for another 5 minutes or until tender. Drain, rinse under cool water, and remove bay leaf and thyme. Reserve.
4. Char the red bell pepper over an open flame or in a 450°F oven until the skin is blackened. Place in a plastic bag or a bowl, covered, with plastic wrap and allow to steam for 5 minutes. Remove seeds and ribs from the pepper. With a paper towel, clean off as much of the charred skin off the pepper as possible. Dice ¼-inch and combine with the lentils, grapes, preserved lemon, almonds, and carrot. Set aside.
5. Slice the green part of the green onion thinly on the bias and combine with the lentil mixture.
6. *For the charmoula:* Toast the cumin seeds in a dry pan until fragrant. Cool.

7. Place the whites of the green onions, cumin, parsley, cilantro, lemon juice, paprika, garlic, and olive oil in a food processor and process to a coarse consistency. Season with salt and pepper.
8. Combine $\frac{3}{4}$ of the dressing with lentil mixture and adjust seasoning. Divide between 8 plates and garnish with cilantro leaves. Spoon remaining dressing around the plate.