

## Cream of red lentils & bell peppers with a touch of orange (for 4 serves)

### For the cream

#### Base ingredients

- ♥ 2-3 parsley roots, washed & sliced
- ♥ 1 small celery root, washed & diced
- ♥ 1 piece os ginger root ( 2x2 cm), peeled & diced
- ♥ 2 t.s. simple EVOO
- ♥ 4-5 black pepper corns & sea salt to taste
- ♥ 2 cups water

#### Main ingredients

- ♥ 6 roasted and cleaned red bell peppers, in stripes
- ♥ 2 espresso cups red lentils (circa 120g, soaked in water for 1-2 hours before cooking)
- ♥ 1 t.s. dried or freshly ground orange peels

#### Serving (per bowl)

- ♥ 1 teaspoon raw/panned wholegrain sesame
- ♥ 1 t.s. distinct EVOO with expressive Fruitiness
- ♥ 1 t.s. chopped fresh parsley (optional)

### Preparation steps

- ♥ Bring the base ingredients to boil and cook at medium – low heat for about 20 min.
- ♥ Add the lentils and cook for about 10-15 min. (check their readiness)
- ♥ Join the peppers and orange peels and remove from the heat. Leave the pot to rest for 30 min. for all the flavours to bond in harmony
- ♥ Blend directly in the cooking pot (attentively for the mix not to spill) to a smooth cream

Serve with some raw or panned sesame and a t.s. of more special EVOO with expressive aromas and tastes. High phenolic early harvest Kalamon or Coratina with vigorous Pungency and distinct Bitterness are a perfect match. The Spanish Hojiblanca and Picuda are also pairing lively.

I always have dried orange/ lemon peels at hand for desserts, cheese pies and various fresh cheese & greens combinations.

