

LENTIL STEW À LA FRANÇAISE

Ragoût de Lentilles à la Française

Source: The Gilded Table – January Edition

Prep Time: 15 minutes

Cook Time: 45–50 minutes | Yield: 4–6 servings



Recipe Description

This French-inspired lentil stew is a study in quiet winter comfort — built on onions, carrots, and celery, gently simmered with tomatoes, thyme, and bay. Finished with a touch of cream or grated Parmesan, it transforms humble pantry ingredients into an elegant, nourishing dish meant for slow evenings and candlelit tables.

Ingredients

Stew Base

- 2 tablespoons olive oil or butter
- 1 medium onion, finely chopped
- 2 carrots, diced
- 2 celery stalks, diced
- 3 cloves garlic, minced

Stew

- 1½ cups brown or green lentils, rinsed
- 1 can (14–15 oz) crushed tomatoes

- 4½ cups vegetable or chicken stock
- 1 bay leaf
- 1 teaspoon dried thyme (or 2 fresh sprigs)
- Salt and freshly ground black pepper, to taste

To Finish (Optional)

- ¼ cup heavy cream
- Freshly grated Parmesan cheese



Instructions

Build the base

Heat the oil or butter in a heavy pot over medium heat. Add the onion, carrots, and celery. Cook until softened, about 8–10 minutes.

Add aromatics

Stir in the garlic and cook for 30 seconds until fragrant.

Simmer the stew

Add lentils, crushed tomatoes, stock, bay leaf, and thyme. Bring to a gentle simmer.

Cook

Cover partially and cook for 40–45 minutes, stirring occasionally, until lentils are tender and the stew has thickened.

Finish and serve

Season generously with salt and pepper. Stir in cream if using. Serve topped with Parmesan and crusty bread.

Notes

- **Cream and Parmesan** may be used together or separately
- **Keeps well** and improves after a day of rest
- **A natural companion** to winter salads or roasted vegetables