

## 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