

# Alpine lentils

Fabian Fuchs



## Preparation lentils

Soak the lentils in water for 4 hrs. Brunoise the onion. Sauté in rapeseed oil. Add the lentils and cook briefly. Pour in the bouillon and cook until soft. The liquid should have almost completely evaporated from the pan. Place the lentils in a shallow dish and drizzle with the dark balsamic. Leave to evaporate and absorb for 10 mins. Serve: Heat up the lentils together with the black salsify puree. Season to taste once more, add the finely chopped chives and serve.

## Preparation black salsify puree

Wash, peel and finely chop the black salsify. Cook in salted water until soft and then puree.

## Preparation fermented black salsify

Thoroughly wash and peel the black salsify. Thinly slice and place in brine (2%). Before serving, remove from the brine, allow to drain and marinate with the rapeseed oil, cider vinegar and fleur de sel.

## Rezept für 4

### Ingredients lentils

200 g mountain lentils  
from the Albula Valley  
1 onion  
20 g rapeseed oil  
20 g dark balsamic  
20 g black salsify puree  
1 l vegetable bouillon  
1 bunch of chives

### Ingredients black salsify puree

5 black salsify  
1 l water  
salt

### Ingredients fermented black salsify

2 black salsify  
200 g water  
4 g salt  
apple cider vinegar  
rapeseed oil  
fleur de sel

### Ingredients fermented leek jelly

10 leeks

### Ingredients sweet & sour prunes

50 g prunes  
Pickle-Fond:  
100 g water  
50 g sugar  
50 g apple cider vinegar  
2 bay leaves  
5 juniper berries



### **Preparation fermented leek jelly**

Juice the leeks. Add 3% salt to the weight of the juice. Vacuum-seal in a vacuum bag and leave to ferment at room temperature for 5 days. Add 1 g of vegetarian gelatine for every 100 g of liquid. Bring to the boil and pour into a shallow baking tray. Refrigerate.

### **Preparation sweet & sour prunes**

Bring the pickling stock to the boil and pour over the prunes. Leave to plump up overnight.

### **Preparation germinated/crispy lentils**

Soak the lentils in water for 24 hrs. Then drain the water. Leave the lentils to stand overnight in a sealed container. Then rinse and return to the container. Repeat this step for three days. Once the lentils have reached the desired level of germination, drain well and fry in oil at 160°C. When the lentils turn golden brown, scoop them out and leave to drain on kitchen paper. Season with salt straight away.

### **Anrichten**

Garnish with chickweed.

### **Ingredients germinated/crispy lentils**

50 g mountain lentils  
50 g sunflower oil  
salt to taste