

Cucina Della Terra

Gerri Sarnataro, Owner and Chef/Instructor

Fall 2008



Dear Friends & Food Lovers

It's never too early to plan for your vacation to beautiful Italy. We are continuing our "Umbria & Tuscany for Food Lovers" trip that combines 6 nights and 5 days of cooking classes along with 5 excursions to important cities & towns. Visit our website for a complete itinerary.

We've added another trip to Umbria designed for students in culinary & pastry arts programs or for those who are looking for a short but in-depth food & wine experience. Our itinerary includes presentations by enologists, an expert salumiere from a university in Perugia, and a SLOW FOOD UMBRIA presentation to taste the differences

between DOP & IGP foods. In the meantime, let me offer you this recipe for a hot bowl of Lentil Soup as nippy weather arrives.

**Register for our
2009 cooking
vacations at
cucinadellaterra.com**

Minestra di Lenticchie

Lentil Soup

The most famous lentils come from a town not far from Norcia in the northeastern area of Umbria called Casteluccio. They are prized for their small earthy brown color and taste. This soup sprinkled with freshly grated pecorino cheese and served with a piece of focaccia and a glass of wine, is sure to comfort and soothe.



Ingredients

1 thin slice pancetta, ½ inch dice

4 cloves garlic, peeled and smashed

½ large onion, peeled & diced

2 small carrots, peeled & finely diced

1 stalk celery, peeled and finely diced

2 cups lentils from casteluccio

4 plum tomatoes, diced

1 bay leaf

5 sprigs thyme

1 qt chicken stock, heated

1 qt vegetable stock, heated

Salt & pepper

Procedure:

1. Coat the bottom of a soup pot with olive oil. Heat gently.
2. Add the pancetta and garlic and cook slowly until the pancetta renders its fat. Add the onion and continue to cook until softened. Add the carrots and celery. Continue to cook until all the vegetables are softened. Add the lentils and stir a minute. Add the tomato, thyme & bay leaf and stir again. Season lightly with salt & pepper.
3. Add all the liquid and bring to a boil. Stir, lower the heat and simmer for about 45 minutes or until the lentils are softened but not mushy. Taste and adjust seasonings, if necessary. Serve hot with a loaf of warm, crusty bread.

Makes 6 to 8 servings.