

Gluten Free Thursday: Puy Lentil Soup With Fennel, Carrots And Chestnuts - Flavour Festival

Ingredients:

Difficulty: Medium

(serves 4-6, you can make the soup 1-2 days ahead, it gets better each day - just keep it in an airtight container in the fridge)

The soup base:

1 tbsp olive oil

1 medium onion, diced

1 fennel bulb, diced finely

2 medium size carrots, diced

2 celery stalks, diced

1 garlic clove, finely minced

1 tsp fennel seeds

1 tsp dried oregano

1 bay leaf

A couple of sprigs of thyme (alternatively, you can use 1-2 tsp of dried thyme)

190 gr. / 1 cup / 2.4 dl puy lentils

1 tsp salt (or more, to taste)

The chestnut part:

1 can whole chestnuts (about 265-280 gr chestnuts)

3 tbsp olive oil

1/2 tsp fennel seeds, coarsely crushed with mortar and pestle

1 tsp thyme leaves (or 1 tsp dried thyme)

1 tbsp tomato paste

1/2 cup / 1.2 dl dry white wine

Serve with (optional):

GF croutons, parsley, drizzle of olive oil

Instructions:

1. In a soup pot (my pot in the photo is 2.5 lt) put olive oil and warm it on medium high heat for about half a minute. Add onions and sauté for a couple of minutes.

2. Add fennel, carrot, celery and garlic and cook for about 5 minutes, stirring frequently, until vegetables get tender.

3. Add fennel seeds, oregano, bay leaf and thyme and continue cooking, again by stirring frequently, for about 2-3 minutes.

4. Add lentils, salt and 1.5 lt of warm water. Stir and bring to a boil. After boiling, turn the heat down for a gentle simmer and continue cooking for 40 minutes.

5. When the soup base is finishing its cooking time, prepare the chestnuts. In a pan, add olive oil and warm on medium high heat for about a minute. Add chestnuts and sauté the chestnuts by stirring frequently for a couple of minutes.

6. Add crushed fennel seeds, thyme and salt and continue cooking by stirring for about 2 more minutes.

7. Add tomato paste and mix it well with the ingredients in the pan. Add white wine, stir and continue cooking until about half of the wine evaporates. When done, take it away from the heat.

8. Return back to your soup pot. Discard the bay leaf. Add chestnut mixture, stir and simmer the soup for 5 minutes, on a gentle heat, together with all the ingredients. When cooked, take away from the heat, cover the pot with a lid and let it rest for about 10 minutes at least. Serve with croutons, fresh parsley leaves and a drizzle of olive oil. Enjoy!