



FAMILY LENTIL SOUP

INGREDIENTS

6 tbsp of Kitchen76 EVOO	1 ½ cups of dry lentils (rinsed)
1 tbsp of chili flakes	½ or ¾ cup of Farro
3 celery stalks chopped very small	4 cups of organic chicken broth (preferably sodium free)
4 shallots chopped very small	2 cups of water
3 springs of rosemary – chopped small	1 or 2 pieces of a Parmigiano rind

DIRECTIONS

Using a deep, heavy bottom pot, heat up the EVOO on medium/low heat.
Add chilli flakes and rosemary. Add shallots, season with salt and sweat them out.
Add rinsed lentils and ensure that it combines well with the EVOO and rosemary base – cook for about 5 minutes on medium heat. Add 4 cups of broth and bring to a boil.
Bring down to medium/low and cook for about 30 minutes or until lentils are tender.
Add Farro and stir to combine. Add 3 cups of water and salt to taste.
You can add more water if you prefer it more brothy.
Bring to a boil and then lower to medium/low and cook for another 30 minutes with the lid closed.
Serve with some grated Parmigiano, and a glass of 2019 Two Sisters Vineyards Merlot. Cheers!

WINE PAIRING

Two Sisters Merlot

This pairing is something of an enigma, as there is no meat in the recipe yet the flavours are so concentrated and rich that we reach for a red wine to pair with this dish. Simple yet concentrated, the lentils and other beautiful ingredients in this soup gives us weight and intensity that demands a red wine for pairing.

The rich, dark fruit notes of the Merlot, along with its supple texture, make it a beautiful companion for the soup. The flavours and textures of both the soup and the wine are wonderfully balanced, and together they create perfect harmony!

TWO SISTERS