

Salade de Lentilles à la Lyonnaise

(Cold Lentil Salad, Lyon Style)

Serves: 4

Prep Time: 10 min

Cook Time: 25–30 min

Rest Time (optional): 30 min for flavor



Ingredients

- 200g (1 cup) lentilles vertes du Puy (French green lentils)
- 1 small shallot, finely chopped
- 1 small carrot, peeled and finely diced (optional)
- 1 bay leaf
- 1 sprig of thyme or parsley stem
- Salt and black pepper, to taste

For the dressing

- 1 tablespoon Dijon mustard
- 3 tablespoons red wine vinegar or sherry vinegar
- 6 tablespoons extra virgin olive oil (or half oil, half walnut oil for a regional touch)
- 1 teaspoon honey (optional, balances acidity)
- Salt and pepper to taste

Optional Garnishes

- Fresh herbs (chives, parsley, or tarragon)

- Crumbled goat cheese or bleu d'Auvergne
 - Walnuts or toasted hazelnuts
 - Thin slices of cooked sausage or jambon cru for a heartier version
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Instructions

1. Cook the lentils:

Rinse the lentils and place them in a saucepan with cold water, bay leaf, thyme (or parsley stem), and carrot if using. Bring to a simmer and cook uncovered for 20–25 minutes, until just tender but not mushy.

2. Drain and season:

Discard the herbs. Drain the lentils and while still warm, season with salt and pepper. Set aside in a bowl.

3. Make the dressing:

In a small bowl or jar, whisk together the mustard, vinegar, and honey if using. Slowly whisk in the olive oil until emulsified. Season to taste.

4. Toss the salad:

While lentils are still warm (but not hot), mix in the finely chopped shallot and dressing. Toss well to absorb the flavors. Let sit for 15–30 minutes at room temperature or refrigerate to serve cold.

5. Serve:

Spoon into a shallow bowl or plate, and top with optional herbs, cheese, or nuts.