



Emmer with French Green Lentils

Ingredients:

4 1/4 cups water, divided
1 1/2 tsp. salt, divided
1 cup dry Emmer (about 6 ounces)
2 whole cloves
1/2 onion, peeled
2 Tbsp. extra-virgin olive oil
1 medium carrot, peeled, halved crosswise
1 celery stalk, halved crosswise
2 garlic cloves, peeled
4 oz. 1/4-inch-thick pancetta (Italian bacon), cut into 1/4-inch cubes
1/2 cup dried French green lentils
1 bay leaf
2 Tbsp. chopped fresh Italian parsley

Procedure:

Bring 2 1/2 cups water and 1 tsp. salt to boil in medium saucepan. Add Emmer and bring to boil. Reduce heat, cover, and simmer until Emmer is just tender, about 35 minutes. Drain. Return Emmer to pan.

Meanwhile, insert cloves into onion. Heat oil in large saucepan over medium heat. Add onion, carrot, celery, and garlic; sauté until beginning to brown, about 10 minutes. Add pancetta and sauté until crisp, about 5 minutes. Add lentils; stir 1 minute. Add 1 3/4 cups water, 1/2 tsp. salt, and bay leaf; bring to boil. Reduce heat, cover, and simmer until lentils are tender, about 35 minutes. Remove from heat (some liquid may remain in pan).

Discard onion, carrot, celery, and bay leaf. Stir Emmer into lentil mixture. (Can be made 1 day ahead. Cover and chill.)

Simmer Emmer-lentil mixture uncovered over medium heat until heated through and liquid is absorbed, about 6 minutes. Stir in parsley. Season to taste with salt and pepper and serve.

