
Emmer & Black lentil Pilaf

Ingredients

- ¼ cup extra-virgin olive oil; more for garnish
- 1 cup finely chopped shallots
- 2 dried chillies, broken, seeds and stems discarded
- 1 bay leaf
- Sea salt
- 1 ½ cups Fieldstone Organics Emmer, rinsed
- 2 tsp fresh thyme leaves (or 1 tsp dried thyme)
- 2 ½ cups vegetable broth
- ¾ cup Fieldstone Organics Black Lentils, rinsed
- 1 cup red onion quartered and thinly sliced
- 2 tbsp balsamic vinegar
- 1 cup thinly sliced shallots
- ¾ cup grated carrots (use the large holes of a box grater)
- ½ cup chopped fresh cilantro
- 1 ½ tbsp unseasoned rice vinegar
- 1 tbsp minced fresh ginger
- 1 tbsp granulated sugar

Method

Heat 2 Tbs. of the olive oil in a 12-inch skillet over medium-high heat. Add the shallots, chillies, bay leaf, and ¼ tsp. salt; cook, stirring often, until the shallots begin to color, 5 to 6 minutes. Add the Emmer and thyme and continue to cook, stirring, until the Emmer smells nutty and makes a crackling sound, about 3 minutes more. Add the vegetable broth and 2 cups water and bring to a boil. Reduce the heat to maintain a simmer, cover, and cook for 5 minutes. Stir in the lentils, cover, and cook undisturbed until the Emmer is tender but chewy, the lentils are tender but firm, and nearly all the liquid is absorbed, 25 - 30 minutes.

Remove the skillet from the heat and let the pilaf stand, covered, for at least 5 minutes. While the pilaf is cooking, heat the remaining 2 Tbs. olive oil in a 12-inch skillet over medium-high heat. Add the onions and ½ tsp salt and cook, stirring frequently, until limp and deeply browned in spots, about 10 minutes. Add the balsamic vinegar, toss quickly until the onions are evenly coated, and then reduce the heat to low, cover, and let the onions steam for about 5 minutes. Meanwhile, in a medium bowl, combine the scallions, carrots, cilantro, rice vinegar, ginger, sugar, and ¼ tsp salt.

Let sit for 5 minutes, to let the flavors blend. Stir the onions and about three-quarters of the carrot mixture into the pilaf. Season to taste with salt. Drizzle a little olive oil over the pilaf, garnish with the remaining carrot mixture, and serve.

