



Roasted Carrots with Du Puy Lentils and Lemon Aioli

I like to roast the carrots just long enough to get a few caramelized edges.
Serves 6 as a side dish

Ingredients:

For the Lentils:

1 tablespoons olive oil
1/2 cups onion, diced
1 clove of garlic, minced
3 cups vegetable stock or water
2 cups uncooked Du Puy lentils, rinsed (I sometimes use the black Beluga lentils, they work well in this recipe).
a few sprigs of fresh thyme

For the Carrots:

2 pounds of heirloom carrots , washed (do not peel)
2 tablespoons olive oil
a few sprigs of fresh thyme
salt and pepper

For the Lemon Aioli:

1 garlic clove, mashed
1 large egg yolk
zest from half a lemon
2 teaspoons fresh lemon juice
1/2 teaspoon Dijon mustard
1/4 cup extra-virgin olive oil
3 tablespoons vegetable oil

Directions:

For the Lentils:

1. Heat a medium saucepan over medium-high heat and add 1 tablespoon olive oil to pan along with the onion and garlic, sauté for about 5 minutes.
2. Add stock or water, thyme and lentils.
3. Bring to a boil. Cover and reduce heat and simmer for about 40 minutes or until lentils are tender, but not mushy. Set aside and let lentil cool.

For the Carrots:

1. Preheat oven to 400 degrees.
2. Wash carrots, no need to peel if they are super fresh. I like to leave the tops on for presentation.
3. Place carrots on baking sheet covered with parchment paper in a single layer and toss with 2 tablespoons of oil, you may need to use two baking sheets.
4. Bake for about 20 minutes, then turn carrots over and continue baking for about 15 minutes or until carrots begin to caramelize.

For the Lemon Aioli:

1. Whisk together egg yolk, lemon juice, garlic and mustard in a bowl.
2. Slowly add oil, a very small amount at a time, whisking constantly until the oil is well blended and the mixture is emulsified.
3. Add the salt and pepper and lemon zest.
4. Taste and adjust seasoning.
5. If mixture is too thick a few drops of water or lemon juice to get the consistency you want.
6. Store in fridge until ready to use.

To Assemble:

1. Place lentils on serving dish, arrange carrots on top and drizzle with aioli.
2. Can be served at room temperature.

Cooks Notes:

You can serve this at room temperature.