



Recipe Details

Recipe Name : A-Cumberland Sausage With Red Wine Rosemary And Lentils
Recipe Category:
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Created : February 16, 2015
Last Updated : February 16, 2015
Portions : 4




Weight (Per Portion)

One portion of this dish weighs approximately 211.00 Grams

Recipe Ingredients

Ingredient	Quantity	Allergen Warnings
Lentils, puy, cooked	225 Gram	
Oil, olive	3 Tablespoon	
Wine, red	300 Millilitre	
Garlic	2 Clove	
Onions, shallots, raw	2 Medium	
Rosemary, fresh	10 Gram	
Pepper, chilli, red, raw	1 Medium	
Tomato, sun dried	6 Bulb/Head	
Parsley, raw	2 Tablespoon	
Salt, sea	1 Pinch	
Pepper, black	1 Pinch	
Sage, fresh	1 Cup US	

Recipe Alerts

Special Dietary Requirements Suitability:	  Vegan Vegetarian
Allergen Warnings:	 Sulphur Dioxide

Recipe Method

1. Drop the lentils into a pan of boiling salted water and cook for about 15 minutes until tender, but still with a little bit of bite left in them. They will be cooked a little more later on. Drain and set aside. 2. Pass two large metal skewers diagonally through the sausage to keep it in place during cooking. 3. Brush the base of a large, deep frying pan with 1 tbsp of the oil and place it over a medium heat. When hot, add the sausage and fry it for 8-10 minutes, turning it over half way through, until nicely browned on both sides and cooked through. 4. Transfer to a baking tray, cover loosely with foil and keep hot in a low oven. 5. Pour the excess oil out of the pan, return the pan to the heat and add the red wine. 6. Increase the heat and allow it to boil vigorously until it has reduced to about 3 tbsp. Pour the reduction into a bowl and set aside. 7. Add the remaining oil to the pan and add the finely chopped garlic and shallots, rosemary, sage and chilli (seeded and chopped). Fry over a

Recipe Method

medium-high heat until the shallots are soft and lightly browned. 8. Add the sun-dried tomatoes, lentils, red wine reduction, beef broth and some salt and pepper and leave to simmer gently until the liquid has reduced slightly and the lentils are tender. 9. Stir the chopped parsley into the lentils and spoon them into a warmed shallow serving dish. 10. Put the Cumberland sausage on top, remove the skewers and serve

