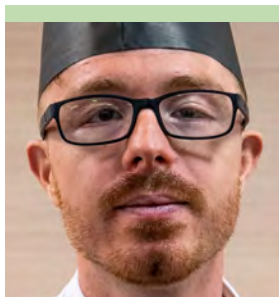


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Recipe #12 November/December

Puy lentil and blueberry tart



A recipe created especially for EPFL by Goulwen Durand, head pastry chef at Le Piano





Ingredients (serves 8)

TOTAL:
12.15 CHF

- 500 g** pie dough
- 300 g** blueberry jam
- 240 g** green Puy lentils, cooked
- 110 g** confectioners' sugar
- 250 ml** heavy cream (35% fat)
- 5 g** ground star anise (also called badian)
- 2** eggs
- 2 tsp** honey

Preparation:

Blend cooked lentils until smooth, then pass the mixture through a sieve.

Separate the egg yolks from the egg whites. Combine the lentils, egg yolks, honey, confectioners' sugar and star anise..

Press the pie crust into a 20-cm (8 in.) pie pan, pressing it firmly against the sides to ensure that the crust does not collapse in the oven. Prick holes in the bottom and blind bake for 12 minutes at 160° C (320°F).

Spread the blueberry jam over the pie crust.

Whip the cream and beat the egg whites until stiff peaks form. Fold them into the lentil mixture. Pour the filling into the pan and bake for 30 minutes at 160°C (320°F).

Wash the blueberries.

SSprinkle a few blueberries on top for decoration and serve at room temperature.

Enjoy!

Goulwen Durand,
Head pastry chef at Le Piano



About lentils

Lentils have been a part of the human diet since prehistoric times and are a nutritional treasure trove! There are several different varieties of lentils, including light and dark brown lentils, green lentils and red lentils.

Nutritional benefits

Like other legumes, lentils are a high-protein plant-based alternative to meat. They can also help us meet our dietary fiber and iron needs. To make the most of the protein content of lentils, it is a good idea to pair them with whole grains such as wheat, as in the recipe above.

Vitamin C helps your body absorb the iron found in lentils, so try eating them with some lemon juice or a piece of fruit for maximum benefits.

What to look for

Ideally, your diet should include a variety of lentils. You do not need to soak them before cooking – in fact, doing so can cause them to lose some of their precious vitamins and minerals.

Storage

Always keep lentils in a dry, airtight container. They can be stored for up to a year.

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