

Recipes



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Buckwheat Linguine with French Lentils, Carrots and Chard from: The Greens Cookbook by Deborah Madison

8 ounces soba (Japanese buckwheat noodles) 1/2 cup French lentils

1 bay leaf 1/4 teaspoon salt

Few spoonfuls virgin olive oil Pepper

1 bunch red or green chard 6 tablespoons extra virgin olive oil

2 cloves garlic, finely chopped 2 medium carrots, cut into 1/4-inch squares

1 celery stalk, cut into 1/4-inch squares 1 or 2 leeks, white parts only, finely chopped

Water 1 tablespoon parsley, chopped

Parmesan

Bring a large pot of water to a boil.

Sort and rinse the lentils well; then cover them generously with water and bring them to a boil with the bay leaf and the salt. Cook at a slow boil until they are tender, 15 to 20 minutes. Be careful not to overcook them or they will lose their shape and texture. Drain them and save the liquid for soup stock. Toss the lentils with a little olive oil. Season with salt and freshly ground black pepper, and set them aside.

Cut the chard leaves away from the stems, wash them well, and slice the leaves into strips about 1-inch wide. Save the stems to cook by themselves or to use in stock.

Slowly warm 4 tablespoons of the olive oil in a skillet or sauté pan with the garlic and cook for about 1 minute, taking care that the garlic doesn't color. Add the lentils, carrots, celery, and leeks, and stir to coat them with oil. Cook for 1 minute over medium heat with a sprinkling of salt; then pour in 3/4 cup water or stock and add the chard. Stew until the vegetables are tender. If the liquid evaporates, add more so that there will be a little sauce at the end.

When the vegetables are done, salt the boiling water and cook the noodles; then scoop them out and add them to the vegetables. Toss everything together, add the parsley, and season with freshly ground pepper. Serve the noodles and spoon the remaining olive oil over the top. Finish with a handful of grated Parmesan cheese.

Variation: Goat cheese goes very well both with chard and buckwheat. Crumble 5 ounces goat cheese into the pasta and vegetables, and toss just enough to incorporate it; then finish with olive oil and Parmesan.