

Beluga Lentil Caviar

Caviar is not my thing but lentils are! This dish was created as a vegan and less expensive alternative to this edible royalty. You can eat simply, as a salad, or have atop crackers or toast points. Drizzle with sour cream or its vegan version.

INGREDIENTS

1/2 cup beluga or black lentils
1 cup water
1 teaspoon balsamic vinegar
1 teaspoon vegetable bouillon paste, or one cube
1/4 cup extra virgin olive oil
1 clove garlic, minced
1 heaping tablespoon shallot, small dice
2 scallion, thinly sliced on bias
2 tablespoons fresh dill, rough chop
1 tablespoon capers, minced
1/4 teaspoon white pepper

STEP 1

In a small pot, combine lentils, water, vinegar and bouillon. Cover pot and cook on medium until boil, reduce to simmer and cook until water absorbed (about 15 minutes).

STEP 2

In medium bowl, combine oil, garlic, shallot, dill, scallion, capers and pepper.

STEP 3

Once lentils are done, add to bowl and toss. Serve on crackers, toasted bread or simple eat as a salad.

SERVES

4

TIME

🕒 30m

SHOPPING LIST

1/2 cup beluga or black lentils
1 bottle balsamic vinegar
1 jar vegetable bouillon paste, or one cube
1 bottle extra virgin olive oil
1 head garlic
1 shallot
1 bunch scallions
1 bunch fresh dill
1 jar capers
1 jar white pepper

EQUIPMENT

Small pot with cover
Medium bowl

STORAGE

Store in the fridge for 3-4 days