

Cumberland sausage with red wine, rosemary and lentils

Ingredients

- 225g/8oz Italian Umbrian lentils or Puy lentils
- 1 x 750g/1½lb Cumberland sausage
- 3 tbsp olive oil
- 300ml/10fl oz red wine
- 2 garlic cloves, finely chopped
- 2 shallots, finely chopped
- leaves from 2 sprigs of rosemary
- small handful of small sage leaves
- 1 red chilli, seeded and chopped
- 6 pieces sun-dried tomatoes in oil, drained and cut across into thin strips
- 300ml/10 fl oz beef broth
- 2 tbsp chopped flat leaf parsley
- salt
- freshly ground black pepper

Preparation 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 garlic, shallots, rosemary, sage and chilli. Fry over a 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.



30 mins to 1 hour
preparation time

30 mins to 1 hour
cooking time

Serves 4

By Rick Stein
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- 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.