

From the
Left Bank
kitchen

PETIT SALÉ

A classic French winter dish to warm those chilly nights!

BRINE INGREDIENTS:

- 1/2 cup juniper berries
- 1/2 cup coriander seeds
- 1/2 cup caraway seeds
- 1/2 cup whole cloves
- 1/2 cup fennel seeds
- 1/2 cup anise seeds
- 4-5 fresh bay leaves
- 1 lb of table salt
- 1/2 lb sugar
- 3 tsp nitrate salt
- 5 gallons of cold water

INGREDIENTS:

- 2 cups Le Puy lentils
- 2 lbs baby back ribs
- 2 lbs pork butt
- 1/2 Morteau sausage
- 4 oz sliced bacon
- 4 oz mirepoix
- 1 Bouquet garnis (thyme, bay leaf, celery, leeks)
- Brine (see above)
- 1 onion with cloves
- 1 leek
- 2 carrots
- 2 celery stalks

BRINE DIRECTIONS:

Wrap up all ingredients, minus the salt and sugar, in cheese cloth. Place into water, add the salt and sugar, and bring to a boil. Cool down and keep refrigerated. Add meat and brine for 48 hours to maximum 72 hours. Rinse meat under cold running water for 30 minutes to 1 hour before using.

DIRECTIONS :

Transfer pork to a deep sauce pan with cold water, bring to a boil very slowly, and then simmer for 15 minutes. Skim and add leeks, carrot, celery, onions, and bouquet garnis. Cook for about 1 1/2 hours, adding water as needed so the meats remain covered. Meanwhile, pick over the lentils, discarding any stones, and wash them thoroughly. Blanch lentils and rinse with cold water.

To cook the lentils, sweat mirepoix with butter for about 3 minutes (carrot, onion, garlic, diced bacon, and celery.) Add lentils and pork stock that cooked the meats. Simmer for 15 minutes or until cooked, drain liquid. Be sure not to over cook the lentils; keep in refrigerator until use.

When ready to serve, warm up the baby back pork, pork butt, and sliced Morteau sausage in the pork broth. Warm up the lentils with a bit of the lentil juice and a good spoonful of fresh butter.

In large deep plate, spread the lentils and sprinkle with fresh parsley. Slice two pieces of baby back pork and arrange the slices, overlapping them on the lentils with one piece of pork butt and one slice of the Morteau sausage.