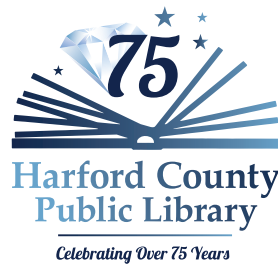




in  
partnership  
with



and



## ***WARM LENTIL SALAD WITH MEDALLIONS OF CLAGETT FARM TENDERLOIN & CHERRY BALSAMIC REDUCTION***

**SERVES 4**

### **INGREDIENTS**

1 cup green or brown lentils  
Chicken Stock or water  
6 tablespoons extra-virgin olive oil  
¼ cup finely diced onions  
¼ cup finely diced celery  
¼ cup finely diced carrots  
1 teaspoon minced garlic  
½ green bell pepper, finely diced  
½ red bell pepper, finely diced  
3 tablespoons aged sherry wine vinegar  
⅓ cup sliced green onions  
Salt and freshly ground black pepper  
6 ounces arugula, chopped  
6 ounces local goat cheese  
Cherry Balsamic Reduction (recipe follows)  
1½ pounds center-cut tenderloin of beef, roasted (see note)

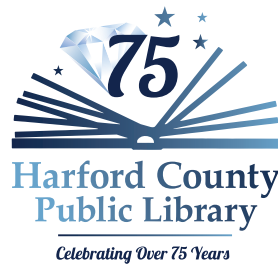
### **DIRECTIONS**

- 1** | Rinse the lentils in cold water in a strainer. Place in a pot and cover with water or Chicken Stock or a combination of both. Bring to a boil, reduce heat, and simmer until tender, about 20 minutes.
- 2** | While the lentils are cooking, heat 3 tablespoons of the olive oil in a sauté pan and add the onions. Sauté for 3 minutes and then add the celery, carrots, and garlic. Sauté gently for 5 minutes. Add the bell peppers and sauté 5 minutes longer. Turn off the heat and add the remaining olive oil and sherry wine vinegar.
- 3** | Drain the lentils and place them in a bowl. Pour the olive oil and vegetable mixture over the top and mix well. Stir in the green onions and season the mixture with salt and pepper to taste. Fold in the arugula and crumbled goat cheese.

**Cont.**



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## WARM LENTIL SALAD (CONT.)

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### DIRECTIONS

#### Note on roasting tenderloin:

Place on a rack and rub the tenderloin with a little olive oil, salt, pepper, and sugar. Roast in a preheated 425°F oven for about 35 to 40 minutes. For medium-rare, a meat thermometer should read 135-140°F when you take it out. Let meat rest 15 minutes before slicing.

- 4 | Divide the lentils between 4 dinner plates, mounding in the center of each plate. Arrange 4 tenderloin medallions around each mound of lentils. Drizzle the meat with some Cherry Balsamic Reduction and serve at once.

### CHERRY BALSAMIC REDUCTION

#### INGREDIENTS

2 cups balsamic vinegar  
3 Tbsp brown sugar  
½ cup chopped pitted cherries and their juice (fresh or frozen – no canned)

#### DIRECTIONS

- 1 | Place all the ingredients to a pan and bring to a boil. Reduce heat to medium-high and allow to reduce by half.
- 2 | Pour the reduction through a fine strainer. If it's not as thick as you may like, return to heat and reduce just a little more. Remove from heat and let stand until ready to use.