



Lentil soup

Ingredients

3 pork veal & oregano sausages, blanched
¼ cup olive oil
2 cloves garlic, finely chopped
1 onion, finely chopped
¼ cup speck or pancetta, cut into small batons
1 carrot, finely chopped
1 stalk celery, finely chopped
375g lentils
1 tablespoon tomato paste
1 potato, diced
Freshly ground black pepper
Sea salt
2 litres chicken stock
3 bay leaves
1 teaspoon freshly chopped flat leaf parsley
1 teaspoon freshly chop sage

Directions

Heat oil in Fissler pressure cooker.

Sauté onion, garlic & speck over medium heat for 4 minutes then add carrot & celery.

When speck begins to colour add lentils.

Add tomato paste & stir for 3-4 minutes then stir in potato and sliced sausage and season with salt & pepper.

Pour in stock and add the herbs, bring to boil.

Close cooker with lid and turn burner to high and set indicator rod to the first ring then turn down heat to low.

Cook for 15 minutes, turn off heat and depressurize.