

Lentil cream soup with a poached egg, flavored with white truffle oil

Recipe for 4 persons

Description

Lentil cream soup, a great comfort on those cold winter nights.

Ingredients

Lentil cream soup

- 100 Gr Red lentils
- 1 Unit(s) Onion
- 1 Unit(s) Carrot
- 1 Sprig(s) Celery
- 1 Sprig(s) Thyme
- 1 Leaf(ves) Bay leaf
- 6 Sprig(s) Chives
- 500 Ml Chicken stock
- 100 Ml Rice vinegar
- 2 Tsp Truffle oil

- Olive oil
- Salt and pepper

Poached eggs

- 4 Unit(s) Egg
- 100 Ml White wine vinegar

- Olive oil
- Salt and pepper

Preparation

- Preparation time **30 mins**

Preparation

Dice the carrots, celery and onions.

Finely chop the chives.

Crack the three eggs and place them in 3 small bowls.

Poached eggs

Bring a large saucepot of water to a boil. Add the vinegar and lower the heat to a gentle simmer.

With a wooden spoon, create a little whirlpool in the saucepot, and then add the eggs one at a time.

Cook for 3 minutes and then remove them from the water and let the eggs rest.

Cream of lentil soup

In a saucepot with a thread of olive oil, sweat the carrots, celery and onions for a few minutes.

Season with salt and pepper. Add the lentils and cook for 2 minutes. Next, add the fresh thyme, bay leaf and chicken stock and stir. Lower the heat and cook for 40 minutes, or until all the lentils are soft and cooked through. Adjust the seasoning. With a hand blender, blend the soup until it reaches a creamy smooth consistency.

If you wish, finish by adding a drizzle of rice vinegar (depending on your taste).

Plating

Ladle the cream of lentil soup into your bowls and add a poached egg to each. Garnish with a small thread of white truffle oil and a pinch of chives. Serve hot.

Bon appétit!