

Castilian Lentil Stew with Spanish Chorizo & Bacon

Prep: 15m Cook: 45m Total: 60m 6 servings



Video ref: Cocina con Carmen

MISE EN PLACE / INGREDIENTS [13]

- ☐ 2 cups (400g) Brown pardina or Spanish lentils, rinsed (Goya Brown Lentils)
- ☐ 5 oz Cured pork belly or slab bacon, cubed
- ☐ 4 cloves Garlic cloves, minced
- ☐ 2 whole Yukon Gold potatoes, peeled and snapped into chunks
- ☐ 2 tbsp Extra-virgin olive oil
- ☐ 2 leaves Dried bay leaves
- ☐ 1.5 tsp Kosher salt
- ☐ 2 links Spanish cured chorizo links, sliced into thick rounds (Palacios)
- ☐ 1 whole Medium yellow onion, finely diced
- ☐ 1 whole Medium ripe tomato, grated
- ☐ 2 whole Medium carrots, sliced into coins
- ☐ 1 tbsp Sweet smoked pimentón de la Vera (La Chinata)
- ☐ 6 cups Cold water or light chicken/vegetable broth

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Smoked Paprika: La Chinata Sweet Smoked Paprika
Oak-smoke cured paprika providing authentic Spanish aroma. • **Spice aisle.**

COOKING SEQUENCE & CHECKPOINTS

- 1

Build the Sofrito & Brown Meats

8 min

Heat 2 tbsp extra-virgin olive oil in a Dutch oven over medium heat. Brown the cubed pork belly and sliced Spanish chorizo, then sauté 1 finely diced onion and 4 minced garlic cloves until soft. Stir in 1 grated ripe tomato and 1 tbsp sweet smoked pimentón de la Vera off the heat so the paprika does not burn.
✓ Checkpoint: Ruby-red aromatic sofrito and browned meats.
- 2

Toss Starchy Veggies

2 min

Add the 2 snapped potatoes and 2 sliced carrots; sauté 2 minutes to coat in the paprika-infused oil.
✓ Checkpoint: Paprika-glazed vegetables.
- 3

Add Lentils and Broth

5 min

Add 2 cups rinsed pardina lentils, 2 dried bay leaves, 6 cups cold water (or broth), and 1.5 tsp kosher salt. Bring to an active boil, then immediately reduce heat to low.
✓ Checkpoint: Gentle shuddering simmer.
- 4

Slow Simmer

35 min

Cover and simmer gently on low for 35 minutes until the lentils and potatoes are meltingly tender and the broth is naturally thickened.
✓ Checkpoint: Thick, hearty Spanish spoon dish.

FOOD SAFETY & INTERNAL TEMPERATURE: 212°F (100°C) ACTIVE BOIL FOR LEGUMES & ≥165°F (74°C) FOR CURED PORK/CHORIZO (COOL TO ≤40°F WITHIN 2 HRS)
Legume, Pork & Rice Food Safety: Dried beans must boil briskly at 212°F (100°C) for at least 10 minutes to deactivate natural phytohaemagglutinin lectins, and any chorizo or pancetta must reach ≥165°F (74°C). Hold hot at ≥140°F (60°C) or refrigerate leftovers to ≤40°F (4°C) within 2 hours to prevent Bacillus cereus growth.

MASTER DONENESS CHECKPOINT:
Rich, thickened stew with tender whole lentils and melt-in-your-mouth potatoes.

WHY IT WORKS:
Cracking the Potatoes: Snapping potato chunks instead of clean-cutting releases surface starch that naturally thickens the broth.

TROUBLESHOOTING:
Lentil skins separating: Keep at a gentle shuddering simmer over low heat.