

WILD BOAR SAUSAGE & LENTIL STEW

Ingredients:

- 300g wild boar sausage, chopped into 3cm chunks
- 2 white onions, peeled and diced
- 3 carrots, peeled and diced
- 3 sticks celery, diced
- 3 cloves garlic, crushed
- 1 tsp ground cumin
- 1 tsp chilli flakes
- 1 tsp dry oregano
- 2 bay leaves
- 400g dried green lentils
- 1.5ltr chicken stock
- 1 tbsp cider vinegar
- Half a bunch of chopped parsley
- 1 tbsp rapeseed oil



Method:

1. Heat the rapeseed oil in a large pot and add in the sausages. Cook gently, turning regularly until nicely browned on all sides, and then remove from the pan.
2. Add the onions, carrots, and celery into the pot, and cook for 5-6 minutes until softened, then add in the garlic, dried herbs and spices, and cook for another 3 minutes.
3. Add in the lentils, chicken stock, bay leaves and browned sausages and bring to a simmer. Allow to simmer gently for 10 minutes then put a lid on the pot, wrap it in a towel and place it into the cooking bag for 3 hours.
4. Stir in the chopped parsley and cider vinegar, and season to your taste with salt and pepper.

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The Larder is a social enterprise who believe in food fairness for all.

Our aim is to make fresh local produce affordable to people on low incomes, without farmers, animals and the environment bearing the cost.

We do this through our cafe and community hub, food academy, and many more food related initiatives.

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