WASTE LESS, TASTE MORE 050

Give Extra Lentils a Composed Salad



CHANGE THE TEMPERATURE, DRESSING, AND PRESENTATION.

Cooked lentils remaining after a dinner party can become a composed salad. Choose lentils that still hold their shape and combine them with fresh elements that suit their original seasoning.

1 Check the texture

Use firm, distinct lentils for a salad. Very soft lentils may suit another preparation better.

Why: A composed salad benefits from ingredients that keep their shape.

2 Choose a complementary dressing

Try a mustard vinaigrette or a lemon dressing, adding gradually and tasting with the lentils.

Why: The dressing should refresh the dish without hiding the lentils' flavor.

3 Build a considered arrangement

Spoon the lentils into a shallow bowl and arrange roasted beets, chopped herbs, or a suitable cheese around them.

Why: Deliberate placement makes the meal feel complete.

KITCHEN NOTES

Add a fresh contrast

Finely diced celery or another crisp vegetable can provide texture.

Account for the original cooking liquid

Lentils cooked in seasoned stock may need less salt.

Make lunch for overnight guests

Serve with a small green salad and bread.

THE PLATING MINDSET

A different dressing and arrangement can give a familiar side dish a fresh identity.