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Recipe number one hundred and three

Minestra di lenticchie e ditalini

Lentil soup with pasta

Few ingredients, little work, just a little patience! And there is a pot of soul-warming soup on the table!

Ingredients for 4 people

200 g lentils

the certified ones from Castelluccio if possible, but others will do of course!
Rinse the lentils briefly, put them on with water

1 bay leaf
2 whole garlic cloves
salt
some peperoncino
some vegetable stock

add everything from the start

let it simmer gently for about 30 minutes

200 g ditalini

when the lentils are almost done, add the
or another pasta shape, as small as possible, and cook them according to
the packet, now you need more water again – the pasta soaks it up!

salt
3 tbsp finely grated pecorino

Season with
and
mix in

How thick the soup is is a matter of taste; you can control it by how much water you add.

At the table, pour your best and strongest olive oil over it!

I had read about this lentil soup several times (idea from Splendido and others).
At some point I was curious enough and got hold of original lentils from Castelluccio and ditalini. A great success.

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VERONICA'S TIP

The soup can of course be enriched with a chopped onion, with roasted diced bacon, with carrot, celery stick, even with tomato. But it tastes fabulous just as it is, completely plain.