

# Lentil Salad with Cauliflower, Crispy Paneer, Roasted Mushrooms and Mint Chutney paired with Davis Estates Zephyr

---

## INGREDIENTS:

### Lentil Salad

1 1/3 cup beluga lentils  
4 cups vegetable stock  
1 bay leaf  
Pinch of salt

### Cauliflower

1 head cauliflower  
3 tablespoons olive oil  
Salt

### Crispy Paneer

1 cup paneer, cut into 1/2-inch cubes  
1/4 teaspoon garlic powder  
1/4 teaspoon onion powder  
1/2 teaspoon cumin  
Salt  
Black pepper

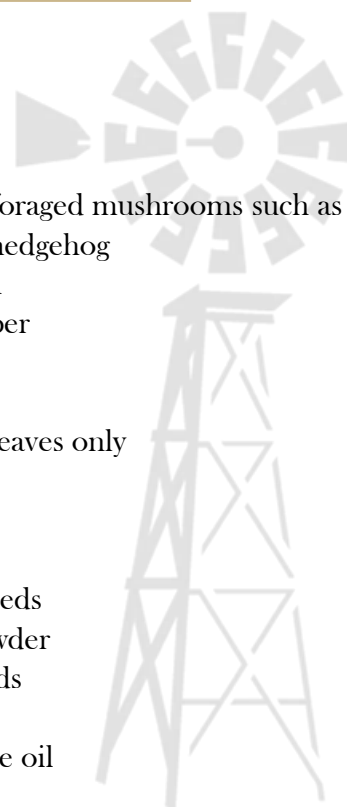
SERVES: 4-6

### Roasted Mushrooms

1 pound of Assorted foraged mushrooms such as chanterelle, cremini, hedgehog  
3 tablespoons olive oil  
Pinch of salt and pepper

### Mint Chutney

1 bunch mint leaves, leaves only  
1/2 bunch cilantro  
2 garlic cloves  
Juice of 1 lemon  
1 teaspoon caraway seeds  
1 teaspoon cumin powder  
1 teaspoon fennel seeds  
2 teaspoon salt  
1/4 cup extra virgin olive oil



## METHOD:

### Lentil Salad

- Combine the lentils, veggie stock, bay leaf, and salt in a pot. Bring it to a boil, then reduce it to a simmer and cook until the lentils are tender.
- Drain and cool until ready to plate.

### Cauliflower

- Preheat oven to 425°F. Cut the cauliflower into bite-size florets.
- Toss florets with olive oil and salt until lightly coated then spread them in a single layer on a baking sheet.
- Roast for 25–30 minutes, flipping halfway, until tender and nicely browned on the edges.

### Crispy Paneer

- Cut the paneer into 3/4-1-inch cubes. Heat a wide skillet over medium heat and add enough oil to lightly coat the pan.
- Once hot, add the paneer cubes in a single layer, don't crowd the pan. Let them cook undisturbed for 2–3 minutes until a golden crust forms.
- Turn the cubes and repeat on all sides, adjusting heat as needed. Season with salt at the end and remove from the pan.

# Lentil Salad with Cauliflower, Crispy Paneer, Roasted Mushrooms and Mint Chutney paired with Davis Estates Zephyr

## Roasted Mushrooms

- Heat oven to 425°F. Brush clean (avoid washing if possible). Tear larger mushrooms into bite-size pieces.
- Toss mushrooms with olive oil, salt and pepper. Spread in a single layer on a sheet pan, use two pans if crowded.
- Roast 18-25 minutes, tossing once, until deeply browned and crisp at the edges.

## Mint Chutney

- Roughly chop all ingredients and add to a blender. Pulse on medium-low speed for 1-2 minutes, stopping as needed to scrape down the sides, until a coarse paste forms.
- Taste and adjust seasoning if necessary. Transfer to an airtight container and refrigerate.

## To Finish

On individual plates or shallow bowls, spoon a warm mound of Lentil Salad slightly off-center. Use the back of a spoon to gently flatten into a neat circle (about 4-5 inches wide). Stack 4-5 golden paneer cubes on top of the lentils. Arrange roasted cauliflower and mushrooms around the lentils rather than mixing them in. Drag a spoonful of Mint Chutney beside the lentils for a clean swoosh. Serve immediately with a glass of Zephyr.