

## Lentil soup with warm smoked eel - a recipe by Hans Haas



An alternative is to make the soup without fish and to chop sausages into it instead.



### Ingredients for 4 portions:

- 150 g puy (green) lentils
- 200 g onion, diced
- 1 tbsp oil
- 40 g 'pata negra' ham, finely chopped
- Sea salt, cayenne pepper
- 1 tbsp vinegar
- 2½ l tomato essence (see [basic recipe](#))
- ¼ l cream
- Lemon juice

2 tbsp fine cubes of white bread  
2 tsp maize germ oil (or alternatively rapeseed oil)  
120 g smoked eel, filleted and prepared for cooking  
4 tbsp finely chopped celeriac and carrots, blanched  
1 tsp maize germ oil (or alternatively rapeseed oil)  
1 tbsp finely-chopped chives

**Tips from Hans Haas:**

- Puy (green) lentils work best for this recipe. They have a fantastic flavour and only have to be soaked for a short time. The smoked eel provides a superb final touch to this soup.
- Can be kept in the fridge for a few days. Suitable for freezing. It is also possible to reduce the quantities and cook this recipe for two people.

**Preparation** (c. 35 minutes (+ 1 hour soaking)):



Soak the lentils in cold water for an hour and then drain them through a sieve.



Sauté the onion in a tablespoon of oil. Add the ham and fry briefly, then add the lentils.



Season with salt and cayenne pepper, then add the vinegar. Add the tomato essence and leave to simmer until the lentils are soft. Remove some of the lentils and put to one side.

Add the cream to the soup and bring to the boil again.



Season the soup to taste with a squeeze of lemon juice and salt if required, purée the soup in a mixer and pour it through a coarse sieve.



To add to the soup, toast cubes of white bread in a teaspoon of oil in a pan to create golden-brown croutons. Drain the oil off through a sieve and place it on kitchen roll to remove excess oil.

Cut the smoked eel into 12 pieces and gently warm in a pan or on a plate in an oven at 50 to 60° C. Lightly fry the pieces of vegetables in a teaspoon of oil.



Divide the pieces of vegetables and lentils that were put to one side between four deep bowls.

Heat the soup once more, whisk it with the hand blender until frothy and pour over the vegetables. Place the pieces of eel into the soup and sprinkle with the croutons and some chives

Bon appetit!

