

Recipes

By
Delaware

FULL MEAL RECIPE FEATURING PORK SAUSAGE & LENTIL STEW WITH ESCAROLE

SALAD COURSE:

LEMON–OLIVE OIL RADICCHIO SALAD

INGREDIENTS

- 4 cups radicchio (or mixed bitter greens), torn
- 1/2 small red onion, thinly sliced
- 1/2 cup shaved Parmesan (optional)
- 3 tbsp extra-virgin olive oil
- 1 1/2 tbsp lemon juice
- 1 tsp Dijon mustard
- 1 small clove garlic, grated (optional)
- Salt + black pepper

PREPARATION

1. Whisk olive oil, lemon juice, Dijon, garlic (if using), salt, and pepper.
2. Toss radicchio and onion with dressing.
3. If using Parmesan, add right before serving.

PRESENTATION

- Serve in a chilled bowl with Parmesan on top and an extra grind of pepper.

ENTREE: PORK SAUSAGE & LENTIL STEW WITH ESCAROLE

INGREDIENTS

- 1 1/2 lb pork sausages (Italian-style preferred), casings removed (or sliced)
- 1 tbsp olive oil (if needed)
- 1 large onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 4 cloves garlic, minced
- 2 tbsp tomato paste
- 1 tsp dried oregano

- 1/2 tsp crushed red pepper flakes (optional)
- 1 1/2 cups dry brown or green lentils, rinsed
- 8 cups chicken or vegetable broth (or water + bouillon)
- 1 bay leaf
- 6–8 cups escarole, chopped (stems trimmed)
- Salt + black pepper, to taste
- 2 tbsp fresh parsley, chopped
- 1 tbsp lemon juice (optional, to brighten at the end)

PREPARATION

1. **Brown the sausage:** In a large pot over medium-high heat, cook pork sausage until browned and crumbled (or browned slices). Transfer to a plate.
2. **Build the base:** Reduce heat to medium. Add onion, carrot, and celery to the pot (add a little oil only if very dry). Cook 8–10 minutes until softened.
3. **Season & deepen:** Stir in garlic for 30 seconds, then add tomato paste, oregano, and red pepper flakes. Cook 1–2 minutes.
4. **Simmer lentils:** Add lentils, broth, and bay leaf. Bring to a boil, then reduce to a gentle simmer.
5. **Cook until tender:** Simmer about **30–40 minutes** (brown/green lentils typically), stirring occasionally.
6. **Finish with greens:** Add escarole for the last **8–10 minutes** until tender but not mushy.
7. **Combine & adjust:** Return sausage to the pot. Season with salt/pepper. Stir in parsley and (optionally) lemon juice.

PRESENTATION

- Ladle stew into warm bowls.
- Garnish with extra parsley and a drizzle of olive oil if desired.

SIDE DISH #1: CRISPY GARLIC PARMESAN POLENTA

INGREDIENTS

- 1 cup cornmeal (medium grind)
- 4 cups water or stock
- 1 tbsp butter
- 1/2 cup grated Parmesan
- 1–2 cloves garlic, minced (or 1/2 tsp garlic powder)
- Salt + black pepper
- Optional: drizzle of olive oil

PREPARATION

1. Bring water/stock to a boil. Whisk in cornmeal gradually.
2. Reduce to low; cook **15–20 minutes**, stirring often.
3. Stir in butter, Parmesan, garlic, salt, and pepper.

4. Spread polenta onto a tray (optional), chill 10 minutes, then pan-sear slices in a little oil for crisp edges.

PRESENTATION

- Serve warm in spoonable rounds or as crisp-edged wedges next to the stew.

SIDE DISH #2: ROASTED CHERRY TOMATOES WITH BALSAMIC

INGREDIENTS

- 2 pints cherry tomatoes
- 2 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1 tsp honey (optional)
- Salt + black pepper
- 1 tbsp chopped basil or parsley

PREPARATION

1. Heat oven to **400°F / 205°C**.
2. Toss tomatoes with olive oil, balsamic, (and honey if using), salt, and pepper.
3. Roast **18–25 minutes** until blistered and jammy.
4. Finish with fresh herbs.

PRESENTATION

- Spoon over a small side plate with juices for dipping.

DESSERT: VANILLA BEAN PANNA COTTA (BERRY COMPOTE OPTIONAL)

INGREDIENTS

- 2 1/4 tsp powdered gelatin
- 3 tbsp cold water
- 2 cups heavy cream
- 1/2 cup sugar
- 1 tsp vanilla extract (or vanilla bean paste)
- Pinch of salt
- Optional compote: 2 cups berries + 2 tbsp sugar + squeeze of lemon

PREPARATION

1. Bloom gelatin: mix gelatin with cold water; let sit 5 minutes.
2. Warm cream + sugar + salt until steaming (not boiling). Stir in bloomed gelatin until fully dissolved.
3. Remove from heat, add vanilla.
4. Pour into cups; chill **4+ hours**.

5. Optional compote: simmer berries with sugar and lemon until thickened (10–12 minutes). Cool.

PRESENTATION

- Serve panna cotta topped with a spoon of berry compote.

WINE PAIRING (FROM OUR LIST)

BELA RIBERO DEL DUERO RED WINE

This stew has rich pork sausage, earthy lentils, and bitter escarole. **A structured red like Ribera del Duero brings** dark fruit, balanced acidity, and firm tannins **that stand up to the savory depth and help keep the meal tasting fresh rather than heavy.**