



Black Beluga Lentil Burgers with Muffaletta Olive Salad

3 T olive oil
8 cloves garlic, minced
1 white onion, chopped
1-1/2 lbs. dried beluga lentils
6 c water
1 T cumin
1 T smoked paprika
Salt and pepper to taste
1 T fresh thyme

1/2 c chopped pistachios
1 t fennel seeds
Ingredients for 4 Lentil Burgers
1/2 c bread crumbs
1/2 jar (5-3/4 oz. jar) green olives with pimentos
1/2 jar (5-3/4 oz. jar) mixed olives, pitted
1-12 oz bag frozen artichoke
1 T Dijon mustard
4 cloves garlic, minced
4 deli rolls
4 slices Dubliner cheese with Irish stout

Heat olive oil in a large skillet. Add the chopped onions and sauté for 3 to 5 minutes or until translucent. Then add the garlic and cook until aromatic, about 30 seconds. Add the lentils, stir to coat with the oil. Next add water, cumin, paprika, a generous pinch of salt and pepper and fresh thyme leaves. Bring the lentils to a boil, then reduce to a simmer. Simmer for 25 to 30 minutes and finish with a bit more sea salt to taste.

Remove the lentils from the heat and cool. Add the pistachios, fennel seeds to the lentils. Mixture makes enough for sixteen patties. If making four patties, divide for desired use and reserve remaining lentil mix in an air tight container in the fridge for up to a week. Place 1/4 of the lentil mix in a bowl and add the bread crumbs. Once mixed place the mixture on a large baking sheet and flatten into a large patty about 1/2-inch thick. Cut out sandwich size circles and place on parchment paper.

In the meantime, strip the leaves off the artichokes using only the heart meat. Mix with the olives, garlic, a touch of vinegar from the olive jar and Dijon mustard. Let sit in a bowl at room temperature for about 30 minutes. Drain excess liquid and chop coarsely.

To cook the burgers, heat a grill pan on high heat. Spray with non-stick spray or brush with olive oil. Cook the burgers 4 to 6 minutes per side. Top with Dubliner cheese to melt. While the burgers cook, brush the buns with olive oil and toast on the grill. Add burgers to the buns, top with olive/artichoke salad mix and serve.