

## Lentils with Fruit – *Lentejas con fruta*

### Ingredients

- 1 ½ cups dry lentils **OR** 2 cans cooked lentils
  - 3 smoked pork chops **OR** 1 ½ cups smoked ham, chopped
  - 3 slices bacon
  - ¼ lb (125 g) Mexican chorizo
  - 1 plantain (a.k.a. cooking bananas); washed and peeled
  - 3 slices pineapple; fresh or from packed in juice
  - ¼ white onion; peeled
  - 2 cloves garlic; peeled
  - 3 green onions, such as scallions, or knob onions; washed, roots removed, tips trimmed
- Water, or broth, as needed
- Salt and black pepper, to taste

If using canned lentils, drain liquid and reserve. **If cooking dry lentils:** place lentils in a bowl with water, stirring to rinse, and removing any brush or grit; drain water and repeat a couple times. Fill with water one more time, and allow lentils to soak for twenty to thirty minutes. Pour into a colander to drain water, then transfer lentils to a pot; add four cups of water (or broth), and bring to boil over high heat. Reduce heat to medium, and cover pot. Cook for thirty minutes, until the lentils are tender and fully cooked; reserve. **Prep produce:** Cut up pineapple slices into chunks, chop garlic and white onion finely, slice green onions into one-inch (2.5 cm) sections, and slice plantain at a slight diagonal, for oval pieces; reserve.

In a large pot over medium heat, if using smoked pork chops, fry for two minutes on each side; transfer to a cutting board, removing bones, and chopping meat. Reserve. In the same pot, fry bacon slices over medium heat, turning to brown evenly. Transfer to paper towels on a plate, then slice into small pieces; reserve. Drain and discard most of the rendered fat from the pot. Return pot to the heat, and fry plantain slices in the remaining bacon fat, flipping to brown both sides. Transfer to paper towels on a plate; reserve. Discard casing from Mexican chorizo, add to the pot, breaking into small chunks with the back of a spoon. If chorizo is very greasy, remove and discard some of the fat. Add white and green onions, stirring. Continue cooking and stirring for a couple of minutes, then add garlic and pineapple chunks. Stir to incorporate all the ingredients, scraping the bottom of the pot to avoid burning. Add about half a cup of water, broth, or liquid from cooking lentils, to deglaze the bottom of the pot, scraping with the back of a spoon, to loosen brown bits. Add lentils, with the rest of their cooking liquid, or if using canned lentils, two to three cups of water or broth. Add chopped smoked pork chops (or smoked ham). Stir to incorporate, then add reserved bacon pieces, along with the reserved plantain slices. Taste, and season with salt (if at all, since the meats are very salty), as well as black pepper, to taste. Stir and cook for a couple more minutes, until the flavours have melded, and all ingredients are hot.

Serve in bowls, with a nice bread basket on the side:

