



# Roasted Pumpkin with Lentils, Wheat Berries, and Romesco Sauce

*Recipes courtesy of Gordon Hamersley, Hamersley's Bistro*

## INGREDIENTS

4-6 slices of fresh pumpkin, cut into half moons about 2 inches wide

1-2 tablespoons cooking oil

1/2 cup lentils, cooked until tender

1/2 cup wheat berries, cooked until tender

1 tablespoon butter

2 teaspoons chives or parsley

4-6 tablespoons Romesco sauce

4-6 tablespoons fresh goat cheese

Watercress or fresh greens

Salt and pepper

## DIRECTIONS

1. Preheat the oven to 375 degrees.
2. In a large sauté pan, heat the cooking oil until hot. Sprinkle the pumpkin wedges with salt and pepper and lay them, cut side down, into the pan and then place the pan in the oven. Cook for about 15 to 20 minutes, or until the pumpkin can be easily pierced with the tip of a knife. Reserve.
3. Cook the lentils according to your preferred method until tender. In a separate pan, cook the wheat berries according to your preferred method until tender. Reserve.
4. Combine the cooked lentils and wheat berries in a saucepan and add a tablespoon of butter and 3 tablespoons of water or vegetable stock. Heat over a moderate flame until warm. Add salt and pepper to taste and the chives or parsley. Reserve.
5. In a small saucepan, combine the Romesco sauce (recipe below) with a few teaspoons of water or vegetable stock. Heat slowly until warm and a thick but spreadable sauce is attained. Reserve.
6. When ready to serve, make sure each element of the dish is hot. Spoon the Romesco sauce onto the center of each plate and spread with a spoon in a circular motion to cover. Place the lentil-wheat berry mixture onto the center of the sauce and then place the pumpkin half-moons onto the lentil mixture. Finally, spoon the goat cheese onto the pumpkin, and garnish with watercress or other greens.

## Romesco Sauce

### INGREDIENTS

2 red peppers

2 canned tomatoes, cut in half  
and seeded

2 cups combination of hazelnuts,  
almonds, pinenuts, toasted

2 ancho peppers, soaked, seeds  
removed, and roughly chopped

2 teaspoons chopped garlic

2 tablespoons chopped parsley

3 tablespoons mint, washed and  
chopped

2 tablespoons sherry wine vinegar

1 tablespoon salt

1 teaspoon pepper

1/3 cup olive oil

### DIRECTIONS

1. Using a grill or the open flame on the stove, roast the peppers. Move them around on the flame until the skin is charred on all sides. Move the pepper around using tongs so that the pepper is evenly blackened, about 10 minutes.
2. Place the peppers into a bowl and cover with plastic wrap. Allow to cool. Remove the skin from the peppers with your fingers. It should come off very easily. Remove the stems from the peppers and then pull them apart and remove the seeds. Cut away the white veins/pith. Reserve.
3. While the peppers are roasting, cut the tomatoes in half and remove the seeds. Place the tomatoes in a strainer and allow to drain. Press the water out of the tomatoes. Add the peppers to the tomatoes and allow to continue draining.
4. Place the tomatoes and the peppers in a food processor with the nuts, ancho peppers, and garlic. Pulse until combined. Add the parsley, mint, sherry vinegar, salt, pepper, and olive oil. Process until medium smooth.
5. Correct the seasoning. The Romesco sauce can be refrigerated for 3 to 4 days before using.