

Recipe for Savory Appetizer

by Vincent Rodier

*Executive Chef,
The Pendry Hotel, San Diego.*

Step-By-Step Green Lentils Avocado Falafel



Meet The Chef



Executive Chef Vincent Rodier, joined The Penury Hotel in 2017,

Vincent has classically trained in France, beginning his career as an apprentice at a Michelin starred restaurant. After finding solid footing in the kitchen, he moved a few hundred kilometers from home and entered the vast world of hotels. Combining travel and food, soon became a direction he wanted to explore further. Vincent have been fortunate to have been able to immerse himself in different cultures around the world.

THIS RECIPE IS 100% VEGAN

Green Lentils Avocado Falafel



Recipe



Recipe serves

4

Ingredient:	Amount:	
Serrano Peppers Pickels:	Ounces	Grams
Serrano Peppers	2	2
White Vinegar	8 Ounces	226 Grams
Sugar	2 Ounces	56.5 Grams
Water	4 Ounces	113 Grams
Salt	0.16 Ounces	4.2 Grams
Salad:	Ounces	Grams
Baby Gem Lettuce Head	4	4
Yellow Endive	1	1
Red Endive	1	1
Bunch Chives	1	1
Bunch Cilantro	1	1
Lemon	1	1
Malden Salt	To Taste	To Taste
Pesto Oil:	Ounces	Grams
Bunch of Basil	1	1
Olive Oil	8 Ounces	226 grams
Lemon Juice	1	1
Salt	To Taste	To Taste

Ingredients:	Amount:	
Avocado Lentil Falafel:	Ounces	Grams
Green French AOC Lentils	4 Ounces	113 grams
Avocados	2	2
White Onion	1	1
Garlics Cloves	3	3
Ground Cumin	0.16 Ounces	5.69 Grams

Method

Serrano Peppers Pickels:

1. 2 Days in advance. Wash the Serrano peppers, slice into rings.
2. Boil vinegar, water, sugar, a teaspoon of salt.
3. Add the Serrano peppers and remove from the fire.
4. Cover and let sit until cooled.
5. Place in fridge in a covered container, can be preserve couple weeks.

Salad:

1. Wash the gem lettuce in cool water, Cut into four wedges each.
2. Wash endives in cool water.
3. Pat dry with a paper towel.
4. Cut the chives into 1 to 2" Inch segments.

Pesto Oil:

1. Mix all the ingredients in a blinder.
2. Reserve the oil in fridge.

Avocado Lentil Falafel:

1. 1 Day in advance. Soak the lentils in water in the fridge.
2. Heat the pan add olive oil with cumin, cook the cumin on low heat for 5 minutes with continuous mixing to extract the flavor.
3. Add chopped onion and garlic then cook slowly until it's fully cook.
4. Remove the water from the lentils, if needed.
5. Add the onion preparation with the lentil in a blender and mix for 3 minutes until a medium paste consistency.
6. Add salt and pepper.
7. The texture of the mixture needs to be dry and easy to knead.
8. Cut the avocado in half, rub with salt and lemon juice.
9. Enrobe the avocado with lentil paste all around to form a small skin.
10. Fry in hot oil or bake in air fry oven, until the crust turn crispy.
11. Slice into 4 and on the plate.
12. The falafel needs to be served right away.



Green Lentils Avocado Falafel.

Plate Up:

1. In a bowl mix the baby gem, endives with olive oil, salt, pepper, lemon zest.
2. Gather the salad together and place on top of the hummus to give volume.
3. Add on the top of the salad the avocado lentil falafel wedges, Serrano, chives.
4. Finish with basil oil around the plate, Malden salt and more fresh lemon zest.