



Bottled with love, for the joy of living

CURRIED LENTIL, TOMATO & COCONUT STEW PAIRED WITH 2015 SYRAH, VADASZ VINEYARDS, SONOMA VALLEY

INGREDIENTS

2 tablespoons virgin coconut oil or extra-virgin olive oil
1 medium onion, finely chopped
2 garlic cloves, finely chopped
1 2½-inch piece ginger, peeled, finely grated
1 tablespoon medium curry powder
¼ teaspoon crushed red pepper flakes
¾ cup red lentils
1 14.5-ounce can crushed tomatoes
½ cup finely chopped cilantro, plus leaves with tender stems for serving
Kosher salt, freshly ground pepper
1 13.5-ounce can unsweetened coconut milk, shaken well
Lime wedges (for serving)

INSTRUCTIONS

Heat oil in a medium saucepan over medium. Cook onion, stirring often, until softened and golden brown, 8–10 minutes.

Add garlic, ginger, curry powder, and red pepper flakes and cook, stirring, until fragrant, about 2 minutes.

Add lentils and cook, stirring, 1 minute. Add tomatoes, ½ cup cilantro, a generous pinch of salt, and 2½ cups water; season with pepper.

Set aside ¼ cup coconut milk for serving and add remaining coconut milk to saucepan. Bring mixture to a boil; reduce heat and simmer gently, stirring occasionally, until lentils are soft but not mushy, 20–25 minutes.

Season soup with more salt and pepper if needed.

To serve, divide soup among bowls. Drizzle with reserved coconut milk and top with more cilantro. Serve with lime wedges.

Dare to Pair!

Typically, sweeter Indian spices are a perfect match for Syrah as they are less abrasive and will not overpower the savory spice notes of this extremely food-friendly varietal. The meatiness of this Syrah is mirrored in the protein of the red lentils, adding to its chewiness and overall body while the coconut milk keeps the spice in both the wine and dish balanced to suit your palate.