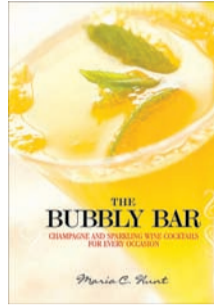


# Your Food

## Drink of the week

Why settle for plain old bubbly when you could serve a bubbly cocktail at your New Year's Eve party? Here's a creative one called a Lava Lamp from the new book *The Bubbly Bar: Champagne and Sparkling Wine Cocktails for Every Occasion* by Maria C. Hunt (Clarkson Potter, \$16.99). Recipe notes say, "This sweet-tart pomegranate cocktail looks as good as it tastes. The bubbles in the sparkling wine make the pomegranate seeds rise and fall in the glass, giving this drink the appearance of a retro lava lamp. A flute with a long, hollow stem shows off this effect best."



PAUL BODY

### Lava Lamp Serves 1

- 1 ounce Pama pomegranate liqueur or 3 tablespoons pomegranate juice
- 5 ounces Brut sparkling wine
- 3 pomegranate seeds

Add the pomegranate liqueur or pomegranate juice to a champagne flute. Fill the glass with sparkling wine. Drop in the pomegranate seeds.

**Nutritional analysis per serving:** 118 calories, trace fat, 6 grams carbohydrates, trace protein, no cholesterol, 96 milligrams sodium, 4 grams dietary fiber, 1 percent of calories from fat.

— Stephanie Allmon

## Send us soup recipes!

Do you have a favorite go-to soup recipe? Send it to us to consider for publication in an upcoming Your Life & Food section. We just ask that it be a hot soup, chowder or bisque (no chili, please) and that it be tasty!

E-mail your recipe, along with your name, city of residence and phone number, to [sallmon@star-telegram.com](mailto:sallmon@star-telegram.com) with "Soup recipe" in the subject line. Or mail it to "Soup recipes," Features Department., Star-Telegram, Box 1870, Fort Worth, TX 76101.

Please be sure to include the recipe name, serving size/yield, as well as a complete list of ingredients and instructions. Tell us briefly why you love the soup; also note whether it's an original recipe or adapted from another source.

If yours is chosen, you may be interviewed for a story and be asked to prepare the soup for photos.

Deadline for entries is Jan. 8.

## THE COWGIRL CHEF



Lentil-chorizo tacos

ELLISE PIERCE

# Bonne année, y'all!

A Texan transplanted in Paris celebrates the new year with Tex-Mex tacos — with a twist

By **ELLISE PIERCE**

Special to the Star-Telegram

PARIS — When I lived in Texas, I wouldn't dream — and my mother wouldn't let me — of starting the first day of the new year without a bowl of hoppin' John, the classic Southern black-eyed peas and rice get-the-new-year-off-to-a-good-start dish with a fat wedge of jalapeño combread on the side.

Here in Paris, and in other parts of Europe, too, we eat coin-shaped lentils to ensure a prosperous new year, and like hoppin' John, it's often served with some sort of pork or sausage, to signify abundance. (Oink. You know.)

Also like Texans, the French love celebrating New Year's Eve, and they do it up in grand style, with slabs of seared foie gras on toast and lots of champagne, and parties that last well into the morning — but the well-wishing doesn't end there. You'll hear "Bonne année," for the next month or two, from the neighborhood butcher and baker to family and friends, and if you're real lucky, you'll get a New Year's card in the mail, too.

I've not yet gotten the hang of New Year's cards, but I'm completely in love with lentils, especially lentilles du Puy, the prized green lentils from the Auvergne region in the middle of France, near the volcanic Le-Puy-en-Velay area.

One bite and you'll understand why these little cuties are swooned over by French chefs, who serve lentils throughout the winter on their menus. Smaller than other lentils, du Puy's have less starch so they hold their shape nicely, and they have a sweet flavor from the mineral-rich volcanic soil that they're grown in. They cost a bit more than other lentils, but they're totally worth it. Look for the official French seal of authenticity, "AOC," on the package — trust me, you won't go back to the brown, mushy ones ever again.

For New Year's Day this year, I'm Tex-Mex-ifying the little du Puy's, and making lentil-chorizo tacos with cilantro and feta, and serving them with homemade corn tortillas, chopped cilantro and limes, and some warm salsa on the side. If you'd like, you can add fresh chorizo to the lentils as you're cooking them; I made the lentils and chorizo separately, so this could work as a vegetarian dish, too.

And you know what? I just may eat these with a glass of champagne — because, well, why not?

**ELLISE PIERCE IS THE COWGIRL CHEF. READ HER BLOG AND WATCH HER COOKING VIDEOS ON WWW.COWGIRLCHIEF.COM. YOU CAN ALSO FOLLOW HER ON TWITTER: HTTP://TWITTER.COM/COWGIRLCHIEF.**

### Lentil-chorizo tacos with cilantro and crumbled feta

This is a quick, less-than-an-hour dish to make for New Year's Day — or any other day.

**Serves 8**

- 8 corn tortillas
- 4 cups Cowgirl lentils (recipe follows)
- 16 ounces Mexican chorizo, cooked and crumbled
- 16 ounces feta, crumbled
- Handful cilantro, chopped
- 1 medium white onion, 1/4-inch dice
- Limes

1. Warm the tortillas on a griddle or by stacking them and wrapping them in a preheated 350-degree oven for 10-15 minutes.

2. While the tortillas are warming, heat the lentils and cook the chorizo. Drain the chorizo on paper towels.

3. To assemble the tacos, place about 4 ounces (1/2 cup) of lentils on each tortilla, top with 2 ounces (1/4 cup) of chorizo, and crumble a bit of feta on top.

4. Serve with chopped cilantro, limes and your favorite salsa.

### Cowgirl lentils

Protein-rich lentils are high in fiber and minerals, and — bonus — you don't have to bother soaking them, and they take less than an hour to cook. Great for New Year's Day or any other time, these lentils are nice topped with salmon, chicken, grilled sausage or just about anything else you can dream up. (Editor's note: At press time, Central Market had French green lentils in the bulk department.)

**Serves 8-10**

- Olive oil
- 1 medium onion, 1/4-inch dice
- 2 cloves garlic, minced
- 2 medium carrots, 1/4-inch dice
- 1 stalk celery, 1/4-inch dice
- 1 pound lentils du Puy, rinsed
- 1 16-ounce can diced tomatoes in juice
- 1 teaspoon cumin
- 1/2 teaspoon ancho chile powder
- 32 ounces water, chicken or vegetable stock
- Sea salt
- Pepper

1. Drizzle a bit of olive oil in a heavy stockpot, add onions and garlic, and turn the heat to medium-low. Let cook until the onions become translucent, about 5-10 minutes.

2. Add carrots and celery, and let cook for about 5 minutes or until they just begin to soften.

3. Now add everything else, cover, and turn the heat up to medium. Cook until lentils are tender but not mushy, about 40-45 minutes.

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