**🥗 Puy Lentil Salad with Warm Goat Cheese Toast**

*🌿 Inspired by the Auvergne and paired with a Fronton Rosé*

**Ingredients**

**For the Lentil Salad**

* 3/4 cup (150g) **Puy lentils**
* 1 small **shallot**, finely chopped
* 1 small **carrot**, diced (optional)
* 1 **bay leaf**
* 1 tsp **Dijon mustard**
* 2 tsp **red wine vinegar** or **sherry vinegar**
* 4 tbsp **olive oil**
* 1 tsp **honey** or **maple syrup**
* Salt and pepper, to taste
* 2 tbsp **chopped parsley**
* 1 tbsp **chopped chives** or **tarragon** (optional)
* **Roasted beets** or **carrots** (optional)
* **Toasted walnuts** or **hazelnuts** (optional)

**For the Goat Cheese Toast**

* 2 small **crottins de chèvre** or other aged goat cheese
* 4 slices **rustic bread** (baguette, pain de campagne)
* **Olive oil**

**Instructions**

1. **Cook the Lentils**  
   Rinse lentils and place in a saucepan with bay leaf and carrot. Cover with cold water. Bring to a boil, then simmer uncovered for 20–25 minutes until just tender. Drain and discard the bay leaf.
2. **Make the Vinaigrette**  
   In a bowl, whisk together mustard, vinegar, olive oil, honey, salt, and pepper. Stir in chopped shallot and herbs.
3. **Combine Salad**  
   While lentils are still warm, toss them with the vinaigrette. Add any optional roasted vegetables or nuts. Let sit for 10–15 minutes to absorb flavor.
4. **Prepare the Goat Cheese Toast**  
   Preheat oven to 375°F (190°C). Brush bread slices with olive oil. Top with thick slices of goat cheese. Bake for 8–10 minutes until warm and softened, or broil briefly to brown the tops.
5. **Serve**  
   Plate the lentils warm or at room temperature. Top with goat cheese toast. Garnish with fresh herbs or greens, if desired.

**🍷 Wine Pairing**

**Fronton Rosé** — dry, fruity, and subtly spicy — beautifully complements the earthy lentils, tangy goat cheese, and herbaceous elements in the dish.