Baked Potato with Creamy Lentil Sauce

Four baked potatoes with the complete creamy lentil sauce · Active 25 min · Total 1 hr 45 min

Skills: Timing a fully baked potato alongside a small creamy canned-lentil sauce

Ingredients

- 4 large baking potatoes (about 2 1/4 lb/1 kg total), washed
- 1 tablespoon neutral oil (15 ml)
- 1 small onion, finely chopped (100 g)
- 2 tablespoons all-purpose flour (16 g)
- 1 cup milk (240 ml), or milk powder reconstituted according to label then measured
- 1/4 cup water for sauce (60 ml), plus up to 1/4 cup/60 ml extra if needed
- 2 cans cooked lentils, 15 oz/425 g net each, drained and rinsed (480 g total drained)
- 2 teaspoons prepared mustard (10 g)
- 1/4 teaspoon fine salt (1.5 g)
- 1/4 teaspoon black pepper (0.5 g)

Set out

Baking sheet and oven, Fork and knife, Saucepan, whisk and broad spoon, Strainer, Food thermometer

Allergens

wheat, milk, mustard. Check labels and substitutions.

Make it

1. Heat oven to 425°F/220°C. Dry and prick potatoes, place unwrapped on the sheet and bake for 60–75 minutes until a knife slides easily into every center. Larger thick potatoes may need longer.

2. During the final 20 minutes, heat oil in the saucepan over medium heat. Cook onion for 7–8 minutes. Stir in flour for 1 minute, then whisk in milk gradually and add the initial 60 ml sauce water. Bring to gentle bubbling and cook for 3–4 minutes until lightly thickened.

3. Fold in drained lentils, mustard, salt and pepper. Heat gently for 4–5 minutes until the complete sauce reaches 165°F/74°C. Add extra water a tablespoon/15 ml at a time only if too stiff, up to 60 ml.

4. Carefully split each cooked potato, roughen its center with a fork and add one-quarter of the lentil sauce. Serve all four portions promptly.

Sauce has its own water

Measure the initial 60 ml for the sauce. Extra water is added only if needed after the lentils have warmed through.

Ingredient labels

Flour supplies wheat, milk supplies milk and prepared mustard is present. Read mustard, lentil and milk-powder labels for added ingredients.

A useful detail

The 105-minute total allows a 75-minute potato bake; sauce preparation overlaps its final stage. Especially thick potatoes may need more time, so check centers before serving.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below and use within 3 days. Reheat a portion to 165°F/74°C throughout. Store sauce and potatoes separately when possible. Never leave cooked potatoes warm in foil at room temperature. Freeze promptly cooled sauce for up to 1 month and thaw in the refrigerator; milk may separate slightly.