



Red Lentil, Potato, and Black Kale Soup

WINE PAIRING: Cabernet Franc 2022



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Recipe by Chef Conny Andersson // Photo by Paul Brissman

Serves 6

3 tbsp Extra Virgin Olive Oil	1 pinch Aleppo Pepper
1 Onion, chopped	1 cup Red Lentils, rinsed
1 Medium Carrot, diced	4 cups Vegetable Broth
1 Celery Rib, chopped	1–2 cups Water
½ tsp Sea Salt	Juice of 2 Lemons
1 Yukon Gold Potato, diced	½ cup Parsley, chopped
2 Garlic Cloves, chopped	4 cups Lacinato Kale, shredded
1 tsp Ground Cumin	

Sauté the aromatics: Heat the olive oil in a large pot over medium heat. Add the onion, carrot, celery, and sea salt. Cook for 6–8 minutes, stirring occasionally, until the vegetables are softened and lightly golden.

Add garlic and spices: Stir in the garlic, cumin, and Aleppo pepper. Cook for another 30 seconds to 1 minute, just until fragrant.

Add the potatoes and lentils: Add the diced potato and rinsed red lentils. Stir to coat everything evenly in the aromatics and spices.

Simmer: Pour in the vegetable broth and 1 cup of water. Bring to a boil, then reduce the heat to low and simmer uncovered for 35–40 minutes, stirring occasionally, until the lentils are tender and the potatoes begin to break down slightly. (Add more water as needed).

Finish with greens and lemon: Stir in the shredded kale and cook for another 10–12 minutes, until the kale is tender but still vibrant. Add the lemon juice and chopped parsley. Taste and adjust seasoning with salt, pepper, or extra lemon if desired.

Serve: Ladle into bowls and drizzle with a touch of olive oil. Serve warm — excellent with crusty bread or a spoon of yogurt for creaminess.

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Hermann J. Wiemer
VINEYARD

Conny Andersson

Executive Chef - Populus Hotel, Seattle, WA

The Chef



A native of Sweden, Chef Conny Andersson has spent his life in pursuit of culinary adventure, leading kitchens across the globe. Along the way, he has helmed world-renowned properties such as the Four Seasons Beverly Hills, The Grand in Vietnam, and the iconic Datai Resort in Malaysia. Chef Conny has co-authored a cookbook with actor Morgan Freeman. Today, Chef Conny brings his worldly experience, Nordic roots, and deep passion for simplicity, authenticity, and seasonal integrity to the Populus Hotel in Seattle — creating cuisine that celebrates both nature and nourishment, with a distinctly Scandinavian soul.

The Wine

Here in the Finger Lakes, warm summers and long, cool autumns yield an elegant expression of this classic varietal. This fruit was hand-picked, hand-sorted, and destemmed before fermenting and aging in a combination of stainless steel and neutral oak barrels. This balance of vessels preserves the wine's vibrant character, expressed in generous raspberry and plum aromas on this medium-bodied Cabernet Franc, while also highlighting the varietal's more delicate qualities and gently plush tannins. This wine is both approachable and nuanced, a true celebration of Cabernet Franc's success in cool-climate terroir.

Cabernet Franc 2022

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