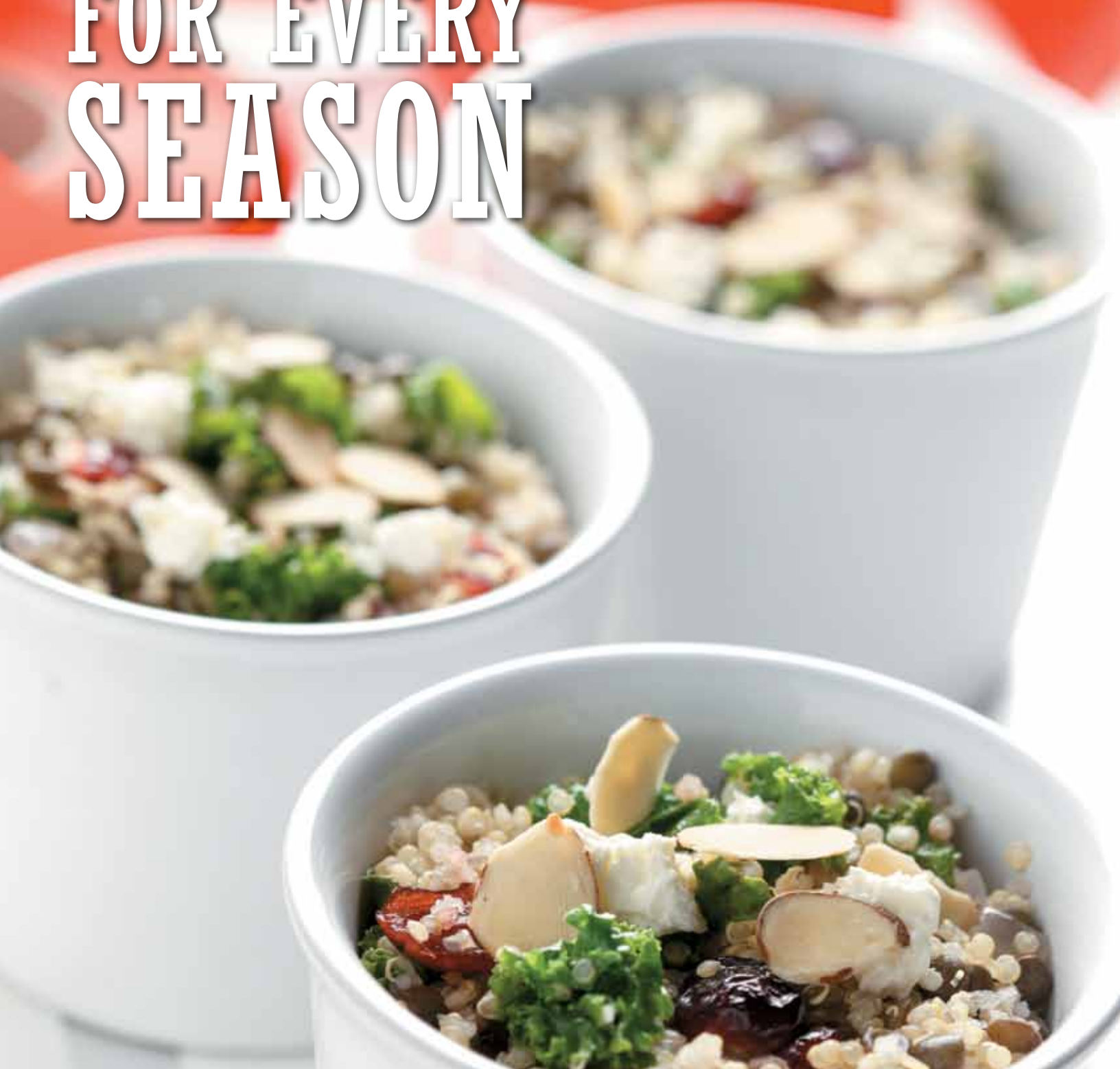


# LENTILS FOR EVERY SEASON



❄️ HOLIDAY 2012 ❄️



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# ONION AND BACON FOCACCIA LENTIL BREAD

## INGREDIENTS

2 tsp	(10 mL) quick rise yeast
2 Tbsp	(30 mL) granulated sugar
1 cup	(250 mL) warm water (reserve 2 Tbsp to blend with salt)
3½ cups	(875 mL) all-purpose flour
¼ cup	(60 mL) olive oil
2 tsp	(10 mL) coarse salt

### Sauté Mixture

6 slices	double smoked bacon, thinly sliced
2 Tbsp	(30 mL) olive oil
½ cup	(125 mL) thinly sliced onion
2 cloves	(2 tsp, 10 mL) minced garlic
1 cup	(250 mL) canned lentils, drained and rinsed
2 Tbsp	(30 mL) red wine
1 tsp	(5 mL) ground black pepper
2 tsp	(10 mL) finely chopped fresh sage
1 tsp	(5 mL) finely chopped fresh rosemary
¼ cup	(60 mL) finely grated aged cheddar cheese

## STEP BY STEP

1. In a medium mixing bowl, dissolve yeast and sugar with warm water. Allow mixture to sit until it becomes foamy – approximately 4-5 minutes.
2. Slowly add flour on low speed setting, until mixture forms a ball of dough. Combine 2 tsp of salt with 2 Tbsp of water and add it, as well as the oil, to the dough and increase the speed to medium. Stop the mixer periodically to scrape down the sides of the bowl. Mix dough until it is smooth and elastic in texture.
3. Place dough onto a work surface (such as a clean table or sturdy cutting board), and knead for 1 minute. Make the dough into a round ball, and place in a lightly oiled bowl, turning to coat to prevent it from drying out. Cover bowl with plastic wrap or a moist towel and keep in a warm place until doubled in size – approximately 45-50 minutes.
4. While dough is rising, sauté bacon until crispy and remove and reserve. Remove majority of bacon fat. Add the onions to the pan and sauté until golden brown in colour, then add the garlic and lentils. Cook for 3 minutes. Deglaze with wine and season with salt and herbs. Remove from pan and cool with the bacon.
5. Once the dough has doubled in size, gently combine reserved sautéed mixture, and stretch until dough is 1 inch thick. Place onto greased baking tray. Cover dough with plastic wrap and allow it to rise for 15 minutes. Preheat oven to 400°F.
6. Remove wrap from dough, sprinkle with grated cheese and coarse sea salt as desired. Bake at 400°F on the middle rack for 15-25 minutes or until golden brown and fully baked. Allow bread to rest for at least 15 minutes before indulging with butter. Bon Appétit!

Servings: 6-8



# STUFFED PEPPERS

## INGREDIENTS

<b>½ cup</b>	(125 mL) red onion, small dice
<b>½ cup</b>	(125 mL) leek, small dice
<b>1 Tbsp</b>	(15 mL) fresh thyme, chopped
<b>1 Tbsp</b>	(15 mL) butter, unsalted
<b>1 cup</b>	(250 mL) button mushrooms, small dice
<b>1 cup</b>	(250 mL) canned lentils, rinsed and drained
<b>¼ cup</b>	(60 mL) white wine
<b>5½ cups</b>	rye bread, small cubes
<b>¼ cup</b>	(60 mL) vegetable stock (prepared)
<b>dash</b>	sea salt
<b>dash</b>	ground black pepper
<b>8</b>	(whole) small red peppers, seeded (or 4 large peppers, seeded, halved lengthwise), keep trimmings
<b>2 Tbsp</b>	(45 mL) canola oil

## STEP BY STEP

1. Prepare all ingredients as indicated. Preheat oven to 350°F. In a pan, sauté onion, leek, thyme, and trimmings from the red pepper with butter until lightly golden. Add mushrooms and cook until lightly brown. Add lentils and deglaze with wine. Remove from stove.
2. In a bowl, combine bread, sautéed mixture, stock, and a dash of salt and pepper. Feel free to add a little more stock for additional moistness, if desired. In a separate bowl, toss whole peppers with oil to coat and lightly season with salt and pepper. Stand peppers upright and stuff with prepared mixture. Bake for 35-40 minutes or until peppers are tender and the tops are golden.

**Servings:** 8



# RED LENTIL MUHAMMARA

## INGREDIENTS

1 cup	(250 mL) walnut halves
3	red bell peppers
¼ cup	(60 mL) red lentils
1	slice bread, toasted
2	garlic cloves, crushed
1 Tbsp	(15 mL) lemon juice
1 Tbsp	(15 mL) pomegranate molasses (optional)
¼ tsp	(2 mL) cumin
pinch	red chili flakes
pinch	sugar
pinch	salt
¼ cup	(60 mL) olive oil

## STEP BY STEP

1. Preheat the oven to 350°F. Spread the walnuts out on a rimmed baking sheet and toast for 7-8 minutes, until fragrant. Remove from the oven and turn the heat up to 450°F.
2. Cut the red peppers in half lengthwise, pull out the seeds, and place cut-side down on a rimmed baking sheet lined with parchment or foil. Roast for 20-30 minutes, or until starting to blacken and blister. Remove from the oven and transfer to a bowl. Cover with foil and set aside to cool. When cool enough to handle, peel off the skins and discard.
3. Meanwhile, bring 1 cup water to a boil in a small saucepan. Cook the lentils for 10-12 minutes, until soft. Drain well.
4. Set aside one of the walnut halves for garnish. In the bowl of a food processor, pulse the walnuts, roasted peppers (along with any juices that have accumulated in the bottom of the bowl), toasted bread (torn into pieces), lentils, garlic, lemon juice, pomegranate molasses, cumin, chili flakes, sugar, and salt until well blended.
5. With the motor running, slowly pour the oil through the feed tube until the mixture is smooth and creamy. To serve, spread the muhammara in a shallow bowl, top with a walnut half and drizzle with a little extra olive oil if you like. Serve with torn fresh pitas or pita chips.

**Servings:** 2 cups



# BAKED SPINACH AND ARTICHOKE DIP WITH GOUDA

## INGREDIENTS

1 Tbsp	(15 mL) canola oil
1	small onion, chopped
2	garlic cloves, crushed
1-10 oz	(300 g) bag baby spinach, torn or chopped
¼ tsp	(1 mL) cumin
¼ tsp	(1 mL) salt
1-8 oz	(250 g) package cream cheese, softened
¼ cup	(60 mL) sour cream
1 cup	(250 mL) canned lentils, drained well
1-4 oz	(110 mL) jar marinated artichoke hearts, drained and coarsely chopped
½ cup	(125 mL) grated aged Gouda, divided
½ cup	(125 mL) freshly grated Parmesan cheese, divided
dash	ground black pepper
	sea salt

## STEP BY STEP

1. In a large, heavy skillet, heat canola oil over medium-high heat and saute the onion for 5 minutes, until soft. Add the garlic and spinach and cook for 3-4 minutes, until the spinach wilts and any excess moisture has cooked off. Add the cumin and salt, stir to combine and remove from the heat. Preheat the oven to 350°F.
2. Place cream cheese, sour cream, lentils, artichoke hearts, and spinach mixture in the bowl of a food processor and pulse, scraping down the sides of the bowl, until almost smooth – do not worry about a few remaining chunks. Add half the Gouda and Parmesan and a pinch of salt and pepper. Pulse until combined.
3. Transfer to a shallow baking dish, cover loosely with foil and bake for 20 minutes, until warmed through. Remove the foil, sprinkle with remaining Gouda and Parmesan and bake another 10-15 minutes, until the cheese is melted and the edges are bubbly. Serve warm with pita or tortilla chips, sliced fresh baguette, or grainy crackers.

**Servings:** 8-10



# LAMB AND LENTIL PHYLLO TRIANGLES

## INGREDIENTS

### Filling

	canola oil, for cooking
1 lb.	ground lamb
1	jalapeño pepper, seeded and minced
2	garlic cloves, crushed
2 tsp	(10 mL) grated fresh ginger
½ cup	(125 mL) cooked green lentils or canned lentils, drained
2	green onions, finely chopped
1 tsp	(5 mL) garam masala
½ tsp	(2 mL) cumin
½ tsp	(2 mL) salt
¼ cup	(60 mL) chopped fresh cilantro

### Pastry

1 pkg.	phyllo pastry, thawed
¼ cup	(60 mL) butter, melted

## STEP BY STEP

1. In a large, heavy skillet, heat a drizzle of canola oil over medium-high heat, and cook the lamb, breaking the meat up with a spoon, until no longer pink. Add the jalapeño pepper, garlic, and ginger, and cook for another minute. Stir in the lentils, green onions,

garam masala, cumin, salt, and fresh cilantro, and stir until well combined and heated through. Transfer to a bowl and set aside. Preheat the oven to 375°F.

2. Take two sheets of phyllo and stack them on a clean work surface; cover the rest with a tea towel so it does not dry out. Fold back half of the top sheet, brush the sheet underneath lightly with butter, then fold the top sheet back down. Repeat on the other side.
3. Cut the sheet in half lengthwise and then again lengthwise into quarters so you have four long strips. Place a spoonful of filling at one end of each strip and fold the corner over it diagonally, creating a triangle. Continue folding the strip (as if you were folding a flag), maintaining the triangle shape.
4. Repeat with the remaining phyllo and filling, placing the packets seam-side down on a baking sheet. (They can be prepared up to this point and frozen in a single layer on a baking sheet.) Brush the tops of the triangles with butter or oil and bake for about 20 minutes, or until golden.
5. Serve warm, with fruit chutney.

**Servings:** 3 dozen triangles





# SUNDRIED TOMATO, OLIVE, AND LENTIL GOAT CHEESE CROSTINI

## INGREDIENTS

### Tapenade

- ½ cup** (125 mL) cooked or canned lentils, drained
- ½ cup** (125 mL) pitted Kalamata olives
- ½ cup** (125 mL) walnuts, toasted
- ¼ cup** (60 mL) sun-dried tomatoes packed in oil, chopped
- 1 small** garlic clove, finely crushed
- 1 Tbsp** (15 mL) capers, drained
- 1 Tbsp** (15 mL) balsamic vinegar
- 1 Tbsp** (15 mL) canola oil
- 1 sprig** fresh thyme or rosemary, leaves pulled off the stem and chopped

### Crostini

- 1** small baguette
- ¼ cup** (60 mL) canola oil
- 1** garlic clove, crushed
- ½ - ¾ cup** (125-185 mL) soft goat cheese

## STEP BY STEP

1. To make the topping place all the ingredients in the bowl of a food processor and pulse until as chunky or finely blended as you like. Add a little extra oil if you need some more liquid to help move it along.
2. To make the crostini, preheat the oven to 400°F. Slice the baguette on a slight diagonal into ¼-inch thick slices and lay out in a single layer on a baking sheet. Pour the oil into a small bowl and add the garlic. Brush each piece of baguette lightly with oil, then bake for 5-7 minutes, or until pale golden.
3. Spread each crostini with goat cheese and top with a spoonful of tapenade.

**Servings:** 2 dozen



# WARM ROASTED SQUASH, CAULIFLOWER, RICE, AND LENTIL SALAD

## INGREDIENTS

1	canola oil, for cooking
1	small butternut squash
2 cups	(500 mL) cauliflower florets
½ tsp	(2 mL) curry powder
½ cup	(125 mL) brown and/or wild rice (or a blend)
½ cup	(125 mL) green or french green lentils
1	celery stalk, chopped
¼ cup	(60 mL) finely chopped purple onion
¼ cup	(60 mL) chopped Italian parsley
¼ cup	(60 mL) canola oil
2 Tbsp	(30 mL) apple cider or rice vinegar
1 tsp	(5 mL) grainy mustard
1 tsp	(5 mL) honey
½ cup	(125 mL) crumbled goat cheese or feta
½ cup	(125 mL) walnuts, toasted and chopped

## STEP BY STEP

1. Preheat the oven to 450°F.
2. Peel and halve the squash, scoop out the seeds, and cut into ½-inch dice. Spread out in a single layer on a rimmed baking sheet with the cauliflower florets. Drizzle with oil, sprinkle with curry powder, salt, and pepper, and toss with your hands to coat everything well. Roast for 20-30 minutes, stirring occasionally, or until the vegetables are tender and golden on the edges.
3. Meanwhile, bring a medium pot of salted water to a boil and cook the rice and lentils for 40-45 minutes, until tender. Drain well and transfer to a large bowl or platter. Add roasted squash, cauliflower, celery, purple onion, and parsley. In a bowl or small jar, mix or shake together the oil, vinegar, mustard, and honey; pour over the rice mixture and toss to combine.
4. Sprinkle with goat cheese and walnuts and serve immediately.

**Servings:** 6-8



# MAPLE-ORANGE MASHED SWEET POTATOES WITH RED LENTILS

## INGREDIENTS

3	medium dark-fleshed sweet potatoes
½ cup	(125 mL) red lentils
¼ cup	(60 mL) pure maple syrup
¼ cup	(60 mL) orange juice
¼ cup	(60 mL) butter
¼ tsp	(2 mL) salt
dash	ground black pepper

## STEP BY STEP

1. Preheat the oven to 400°F.
2. Scrub the potatoes and poke each a few times with a fork. Bake directly on the oven rack for 1 hour, or until very soft and the skins are beginning to separate from the flesh.
3. Meanwhile, in a medium saucepan, cover the red lentils with water, bring to a simmer and cook for 12-15 minutes, or until very soft. If there is little cooking liquid left and it is slightly thick, leave it – if it seems too watery, pour some of the excess water off.
4. Halve the roasted potatoes and scoop out the flesh; transfer to a bowl. Add the lentils, maple syrup, orange juice, butter, salt, and pepper, and mash altogether until well blended.
5. Serve immediately, or keep warm in a covered dish in a 250°F oven until serving time.

**Servings:** 6-8



# CREAMY PUMPKIN PIE SOUP WITH RED LENTILS

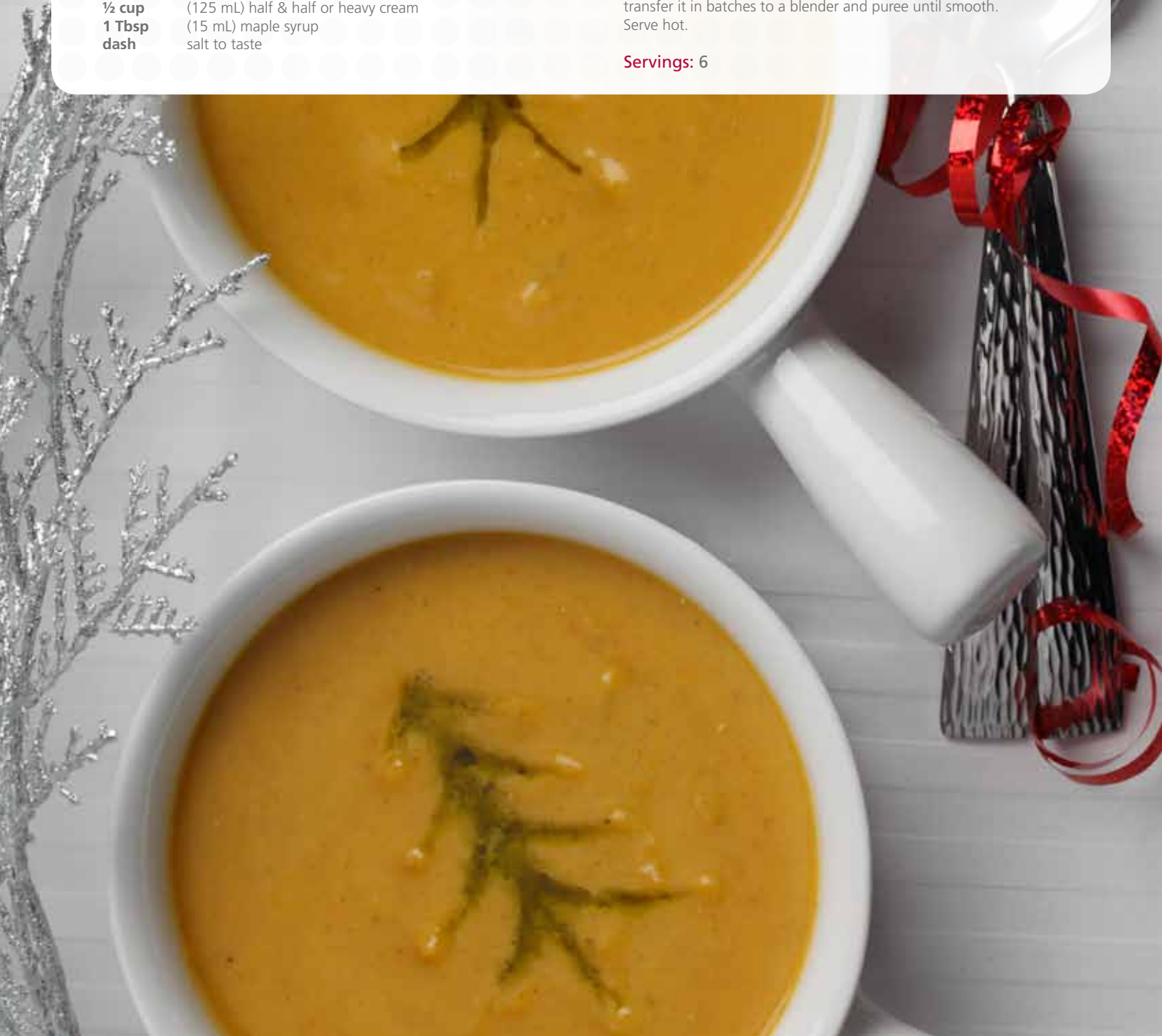
## INGREDIENTS

1 Tbsp	(15 mL) canola oil
1 Tbsp	(15 mL) butter
1	onion, peeled and chopped
1 Tbsp	grated fresh ginger
½ tsp	(2 mL) pumpkin pie spice
1-19 oz	(540 mL) can pure pumpkin puree
½ cup	(125 mL) split red lentils
1	tart apple, peeled and chopped
4 cups	(1 L) chicken or vegetable stock
1	cinnamon stick
½ cup	(125 mL) half & half or heavy cream
1 Tbsp	(15 mL) maple syrup
dash	salt to taste

## STEP BY STEP

1. In a medium pot, heat the oil and butter over medium-high heat. When the foam subsides, sauté the onion and ginger for 3-4 minutes, until soft. Add the pumpkin pie spice and cook for another minute.
2. Add the pumpkin puree, lentils, apple, stock, and cinnamon stick, along with a cup of water. Bring to a boil, then turn the heat down and simmer for 20-30 minutes, until everything is very soft.
3. Add the cream and maple syrup, season with salt, and use a hand-held immersion blender to puree it right in the pot, or transfer it in batches to a blender and puree until smooth. Serve hot.

Servings: 6



# BROWNED BUTTER KALE AND LENTILS WITH QUINOA

## INGREDIENTS

½ cup	(125 mL) green or French green lentils
1 cup	(250 mL) quinoa, rinsed well in a fine sieve
⅓ cup	(85 mL) dried cranberries
¼ cup	(60 mL) butter
¼ cup	(60 mL) finely chopped purple onion
1	garlic clove, crushed
1	small bunch kale
dash	salt to taste
1-2 Tbsp	juice of half a lemon
½ cup	(125 mL) crumbled feta (optional)
½ cup	(125 mL) walnut halves or sliced almonds, toasted

## STEP BY STEP

1. In a medium saucepan of boiling salted water, cook the lentils for 40 minutes, until just tender. Remove from heat, drain well, and set aside to cool. In another medium saucepan of boiling salted water, cook the quinoa for 12-14 minutes, just until tender and the germ separates, making a little curly Q. Drain well in a fine sieve, then return to the pot (off the heat, but still warm), add the cranberries, cover with a tea towel and the lid. Set aside to cool.
2. Add the butter to a medium skillet set over medium-high heat, and cook until it foams, then begins to turn golden and smell nutty. Add the onion and garlic, and sauté for 2 minutes, until soft. Remove the tough ribs from the kale, stack the leaves and thinly slice them. Add to the pan, along with a pinch of salt and a spoonful of water, and cook for about 5 minutes, until the kale has wilted and the moisture has cooked off.
3. Add the kale to the quinoa, toss and transfer to a bowl or large platter. Add the feta and walnuts. Squeeze some lemon juice over and season with salt and pepper. Toss and serve immediately.

**Servings:** 4-6



# EASY LENTIL CASSOULET

## INGREDIENTS

2 cups	(500 mL) cherry or grape tomatoes
½ cup	(125 mL) green or French green lentils
4	large garlic cloves, peeled but left whole
4-6	fresh sweet or hot Italian sausages
¾ cup	(185 mL) chicken or vegetable stock
1 Tbsp	(15 mL) balsamic vinegar
1 Tbsp	(15 mL) canola oil
few	sprigs of fresh thyme or rosemary
dash	salt to taste
dash	pepper to taste

## STEP BY STEP

1. Preheat the oven to 375°F.
2. Scatter the tomatoes and dry lentils over the bottom of a 10x10-inch (or similar-sized) baking dish. Add the garlic, lay the sausages ovetop, and pour the stock over everything. Drizzle with balsamic vinegar and oil. Toss in a few sprigs of thyme and/or rosemary, and sprinkle with salt and pepper. Poke each sausage once or twice with a fork.
3. Bake uncovered for 40-45 minutes, until the sausages are golden and cooked through and the lentils are tender. Let stand for a few minutes before serving. Serve with crusty bread for mopping up the juices.

**Servings:** 4-6



# ROASTED PESTO SALMON OVER LEMON LENTIL AND BARLEY PILAF

## INGREDIENTS

### Lentils

- 2 Tbsp** (15 mL) canola oil (divided)
- 1 Tbsp** (15 mL) butter
- 1** small onion or large shallot, finely chopped
- 1** garlic clove, crushed
- ½ cup** (125 mL) green or French green lentils
- ½ cup** (125 mL) pearl or pot barley
- 2½ cups** (625 mL) chicken or vegetable stock or water
- 1 Tbsp** juice of half a lemon
- 2 Tbsp** (30 mL) chopped Italian parsley

### Salmon

- 4** fresh filets of salmon
- ¼ cup** (60 mL) jarred pesto
- 4-8** thin slices prosciutto

## STEP BY STEP

1. In a medium saucepan, heat 1 Tbsp oil and the butter over medium-high heat. When the foam subsides, saute the onion and garlic for 3-4 minutes, until soft. Add the lentils and barley and stir for a minute. Add the stock, bring to a simmer, cover and cook over low heat for 40 minutes, or until the lentils and barley are tender. Pour off any excess liquid and fluff with a fork.
2. Meanwhile, preheat the oven to 450°F and line a heavy rimmed baking sheet with parchment or foil. Spread the pesto over the salmon and wrap each piece in a slice or two of prosciutto. Place the salmon seam-side down on the sheet and bake for 10 minutes per inch of thickness, or until just cooked through. When it is done the fish should flake at the edges but still have some moisture in the middle.
3. Add the lemon juice and parsley to the lentil and barley mixture, season with salt and pepper, and serve a large spoonful of pilaf with a filet of salmon set on top.

**Servings:** 4



# LENTIL, HONEY, AND RAISIN PIE

## INGREDIENTS

1	whole pie shell, unbaked
$\frac{2}{3}$ cup	(165 mL) lentil puree*
$\frac{1}{2}$ cup	(125 mL) honey
$\frac{1}{2}$ cup	( $\frac{1}{2}$ cup) raisins
3	large eggs
$\frac{1}{4}$ cup	(60 mL) halved pecans, toasted**
2 Tbsp	(30 mL) butter, unsalted, melted
1 tsp	(5 mL) vanilla
$\frac{1}{2}$ tsp	(2 mL) salt

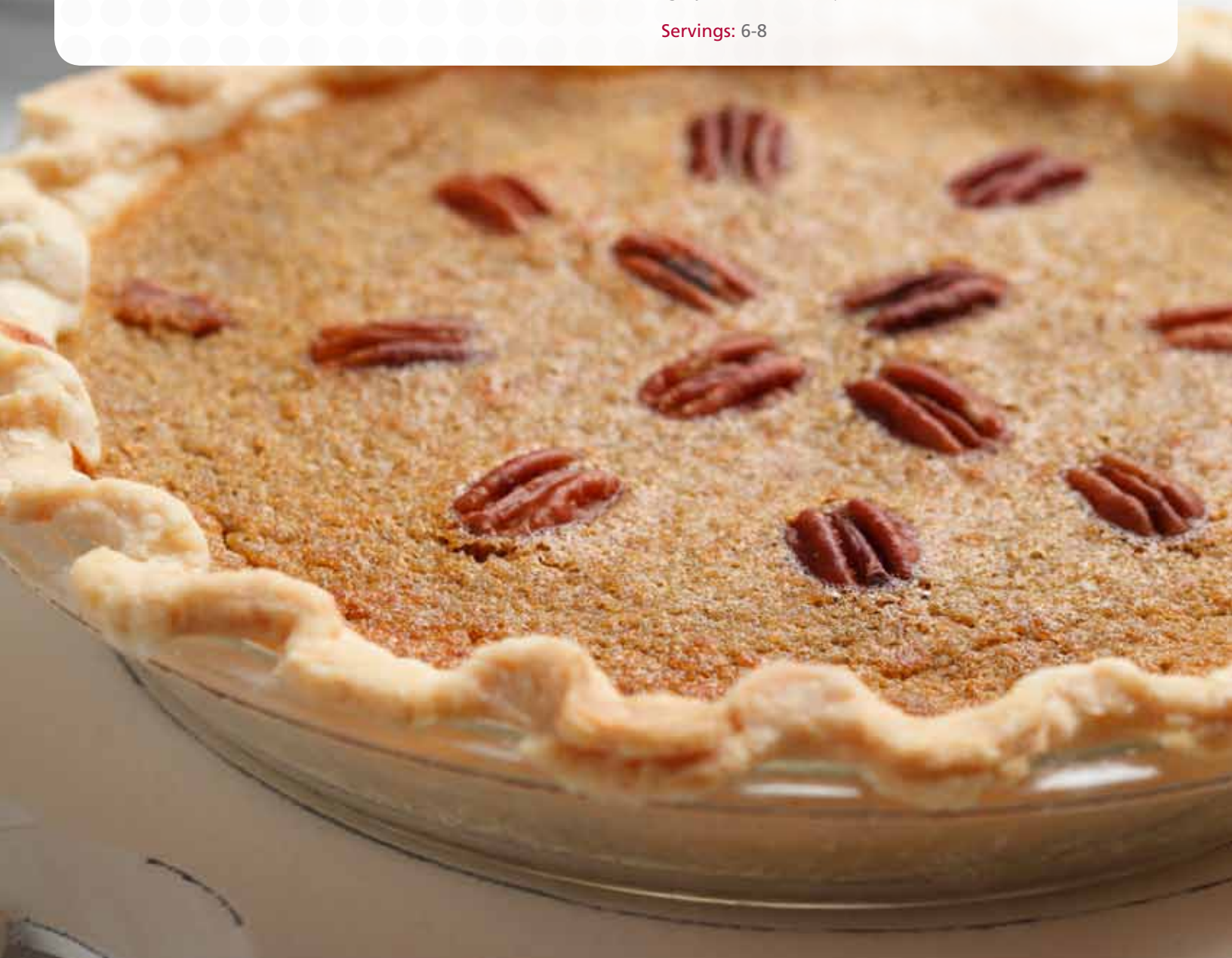
## STEP BY STEP

1. Preheat oven to 325°F.
2. In a medium bowl combine all ingredients but pecans and the pie crust until fully incorporated and eggs are completely blended. Pour mixture into the pie crust and scatter pecans on the top. Bake on the centre rack of the oven for 25-30 minutes or until the centre of the pie is baked (no longer jiggles) and the pie shell is golden.
3. Allow to rest for 10 minutes.
4. Enjoy with a scoop of ice cream, or a dollop of whipped cream.

\*Lentil puree: Place cooked or rinsed & drained canned lentils into a food processor. For every 1 cup of lentils, add  $\frac{1}{4}$  cup water. Blend to a smooth puree consistency.

\*\*Toasting pecans: Place pecans in a pan and heat on low-medium setting to ensure all sides are meeting the heat of the pan. Brown lightly and reserve in a separate bowl until use.

**Servings:** 6-8





# SPICED CHOCOLATE LENTIL CRÈME BRÛLÉE

## INGREDIENTS

1 cup	(250 mL) pureed lentils*
3 cups	(750 mL) 35% cream
1	whole vanilla bean, scraped (or 2 tsp vanilla extract)
2 tsp	(10 mL) ground cocoa
2 tsp	(10 mL) ground cinnamon
1/8 tsp	ground cayenne pepper (optional)
1/2 cup	(125 mL) dark chocolate chips
6	large egg yolks
1/2 cup	(125 mL) brown sugar
As needed	sugar to brûlée

## STEP BY STEP

1. Preheat oven to 325°F.
2. Prepare lentil puree as recommended. Combine cream with 1/4 cup sugar, vanilla bean, cocoa, cinnamon, cayenne, and chocolate chips in a saucepan. Bring mixture to a simmer, whisking often until chocolate has fully melted and incorporated. Remove saucepan from the stove top. Allow flavours to infuse for 10-15 minutes.
3. In a separate bowl, whisk eggs and sugar together. Heat cream mixture slightly and add 1/10 of hot mixture to the eggs while whisking continuously (this will temper the eggs and prevent them from curdling). Add remaining cream and whisk together. Strain with a fine sieve (to remove anything that was not fully combined).
4. Pour the strained base into 8 small ceramic bowls. Place bowls in a cake pan filled with warm water 3/4 way up the bowls. Bake at 325°F for 20-25 minutes, or until the middle of the custard has a slight "jiggle." Remove from oven, allow custard to cool completely. Sprinkle sugar on top and melt the sugar with a torch until it is golden brown. Alternatively, using the broiler setting on the oven can achieve similar results. Enjoy immediately!

\*Lentil puree: Place cooked or rinsed & drained canned lentils into a food processor. For every 1 cup of lentils, add 1/4 cup water. Blend to a smooth puree consistency.

**Servings:** 6-8



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rkehrig@saskpulse.com  
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