

The logo for Lentils, featuring a red circle with a white outline, containing a white sprout icon and the word "Lentils." in white text. The logo is set against a white background with a red dashed border.

Lentils.

LENTILS FOR EVERY SEASON



* SPRING 2013 *

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RED LENTIL WAFFLES

INGREDIENTS

¼ cup	(60 mL) dry red lentils
2 cups	(500 mL) all-purpose flour, or half all-purpose, half whole wheat
1 Tbsp	(15 mL) sugar
1 Tbsp	(15 mL) baking powder
¼ tsp	(1 mL) salt
1½ cups	(375 mL) milk
2	large eggs
¼ cup	(60 mL) canola oil
1 tsp	(5 mL) vanilla

STEP BY STEP

1. In a small saucepan cover the lentils with water, bring to a boil, and simmer for 12-15 minutes, or until very soft. Drain well and set aside.
2. In a large bowl, whisk together the flour, sugar, baking powder, and salt. In a medium bowl, whisk together the milk, eggs, oil, and vanilla. Add to the dry ingredients along with the lentils, and whisk until well blended – do not worry about getting all the lumps out.
3. Preheat your waffle iron and spray it with nonstick spray. Cook the batter ½ cup at a time, or according to the manufacturer's directions, until golden and crisp. Serve warm.

Servings: 8



TOP OF THE MORNIN' (OR ANYTIME) LENTIL FRITTATA

INGREDIENTS

1 Tbsp	(15 mL) unsalted butter
2	(whole) shallots, thinly sliced
2	(whole) cloves of garlic, minced
1½ cup	(375 mL) chopped kale
1	(whole) green bell pepper, thinly sliced
1 cup	(250 mL) fully cooked lentils or canned lentils, drained and rinsed
8	(whole) eggs, whisked
¼ cup	(60 mL) 2% milk
dash	sea salt and ground black pepper
½ cup	(125 mL) shredded aged cheddar cheese
2 Tbsp	(30 mL) chopped fresh parsley or cilantro
to taste	salt and ground black pepper

STEP BY STEP

1. Heat the oven to 350°F. In a 9-inch, deep, oven-proof skillet, sauté the shallot and garlic in butter until golden. Add the kale and green pepper and sauté until rendered. Add the cooked lentils and sauté for another 2-3 minutes.
2. In a separate bowl, whisk the eggs, milk, and salt and pepper together. Add the egg mixture to the skillet. Gently stir the mixture once. Cover the skillet and cook on low-medium heat until the sides are slightly golden (the centre will still be runny).
3. Remove the lid, sprinkle the cheese over the frittata and bake in the oven until the centre is no longer runny. Use the broil option if available to add additional browning to the top of the frittata. Set to rest for 5 minutes.
4. Garnish with parsley or cilantro  on with salt and pepper.
5. Cut into wedges and enjoy!

Servings: 4-6



IRISH SODA BREAD WITH RED LENTILS

INGREDIENTS

¼ cup	(60 mL) dry red lentils
2 cups	(500 mL) all-purpose flour
2 cups	(500 mL) whole wheat flour
½ cup	(125 mL) old fashioned (large flake) oats
2 tsp	(10 mL) baking soda
1 tsp	(5 mL) baking powder
1 tsp	(5 mL) salt
¼ cup	(60 mL) butter, cut in pieces
2 cups	(500 mL) buttermilk or plain yogurt, thinned with milk
1	large egg
½-1 cup	(125-250 mL) raisins or other dried fruit (optional)

STEP BY STEP

1. Preheat the oven to 350°F. In a small saucepan, cover the lentils with water, bring to a boil, and simmer for 12-15 minutes, or until very soft. Drain well and set aside.

2. In a large bowl, stir together the flours, oats, baking soda, baking powder, and salt. Add the butter and blend with a pastry cutter, fork, or your fingers until crumbly. In a small bowl or measuring cup, stir together the buttermilk and egg with a fork; pour it into the dry ingredients, add the lentils and raisins and stir until you have a stiff, sticky dough.
3. Spread the dough out onto a lightly floured surface and knead three to four times, shaping it into a slightly flat ball. Transfer to a parchment-lined sheet and cut two deep slashes across the top, making an X.
4. Bake for 35-40 minutes, until a deep golden colour and hollow-sounding when tapped on the bottom. Transfer to a wire rack to cool, with a tea towel draped overtop to keep the crust soft. Cut into wedges and serve warm.

Servings: 8



WARM CURRIED LENTIL SALAD

INGREDIENTS

1 Tbsp	(15 mL) olive oil
1	(whole) small red onion, sliced thinly
1 Tbsp	(15 mL) Madras curry powder
3 Tbsp	(45 mL) red wine vinegar
1 Tbsp	(15 mL) honey
1½ cup	(375 mL) fully cooked lentils or canned lentils, drained and rinsed
dash	sea salt and ground black pepper
5 cups	(1.25 L) arugula
1 Tbsp	(15 mL) olive oil
1 Tbsp	(15 mL) lemon juice
½ cup	(250 mL) dried cranberries (reserve 1 Tbsp for garnish)
¼ cup	(60 mL) toasted pumpkin seeds (reserve 1 Tbsp for garnish)
dash	sea salt and ground black pepper

STEP BY STEP

1. Sauté onion with oil and a dash of salt and black pepper for 3-5 minutes on medium heat, or until the onions are rendered and golden. Add the curry powder and continue to cook for another 5 minutes on low-medium heat. Deglaze with red wine vinegar. Add the honey and lentils. Continue to stir until the lentils are heated through.
2. In a separate bowl, combine arugula, oil, lemon juice, cranberries and seeds, and season with salt and black pepper.
3. Combine reserved onion mixture with greens. Plate the salad quickly, garnish with dried cranberries and toasted seeds and serve.

Servings: 4-6



AN ODE TO BORSCHT LENTIL DIP

INGREDIENTS

1½ cup	(375 mL) fully cooked lentils or canned lentils, drained and rinsed
¾ cup	(160 mL) pickled beets, semi-drained
4 Tbsp	(45 mL) sour cream (save 1 Tbsp for garnish)
1 Tbsp	(15 mL) olive oil
1 Tbsp	(15 mL) chopped fresh dill (save a small sprig for garnish)
dash	salt and ground black pepper
sprig	dill, for garnish

STEP BY STEP

1. Combine all ingredients except the salt and pepper in a food processor. Blend until smooth in texture. Season with salt and black pepper to taste.
2. Garnish with fresh dill.

Servings: 8-10



ROASTED CHICKEN WITH LEMON AND LENTILS

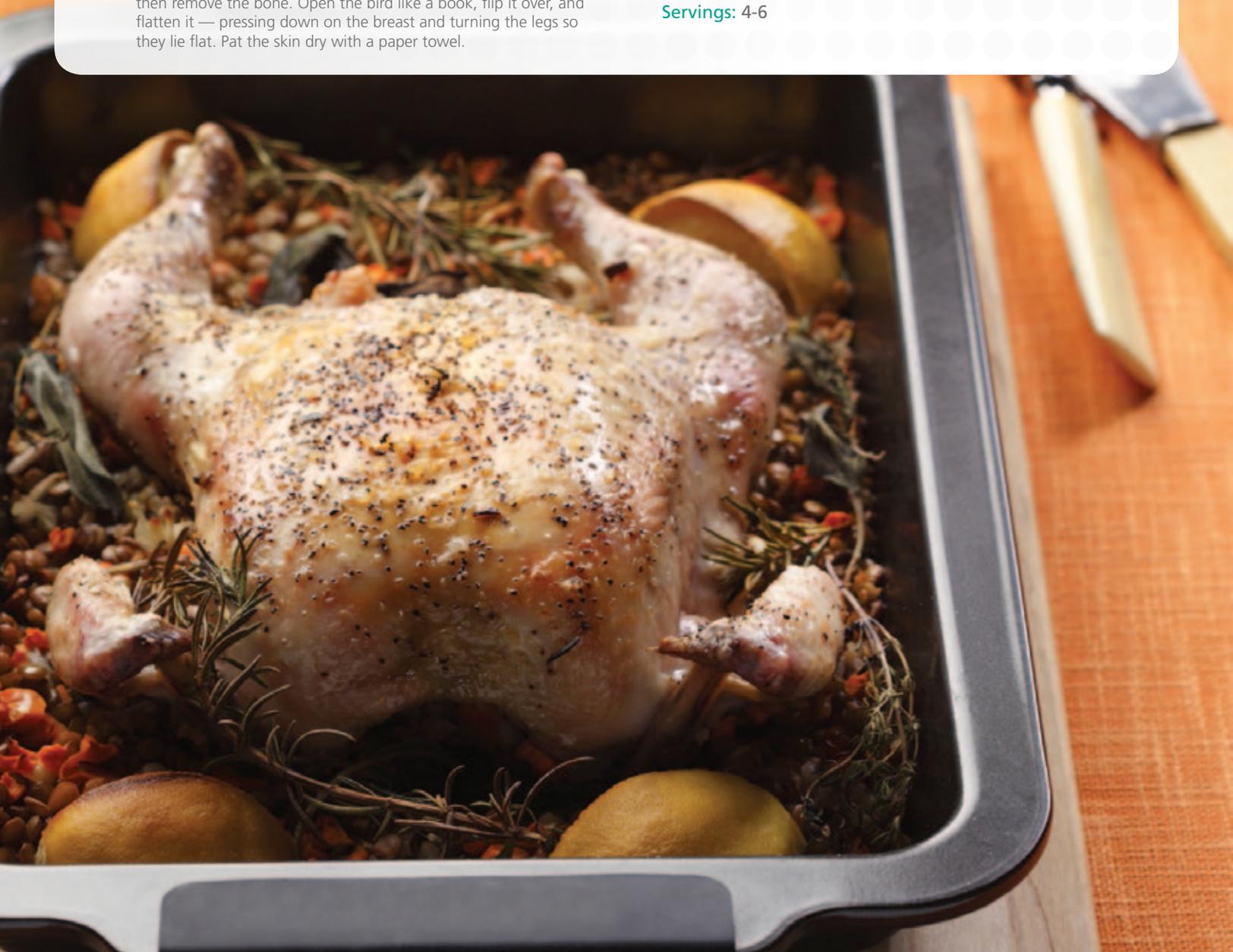
INGREDIENTS

- 1 whole chicken, about 3-4 lbs 
- $\frac{3}{4}$ cup (375 mL) dry green lentils
- 1 carrot, diced
- 1 shallot, finely chopped
- 1 cup (250 mL) chicken stock
- 1 lemon, cut into quarters
- canola oil, for cooking
- salt and pepper
- small handful fresh herbs, such as sage, thyme, rosemary, and parsley

STEP BY STEP

1. Preheat the oven to 375°F. Turn the chicken breast-side down on a cutting board and use sharp kitchen shears to carefully cut along one side of the spine (starting from the cavity). Cut the other side, then remove the bone. Open the bird like a book, flip it over, and flatten it — pressing down on the breast and turning the legs so they lie flat. Pat the skin dry with a paper towel.
2. Scatter the lentils, diced carrot, and chopped shallot over the bottom of a roasting pan or large baking dish. Lay the chicken cut side down, overtop. Pour the stock over the chicken and lentils. Squeeze the lemon over the lentils as well, adding the squeezed lemon pieces to the pan.
3. Drizzle the chicken with oil and sprinkle with salt and pepper, then rub to coat the skin well. Tuck a few sprigs of herbs around it and cover with a lid or some foil.
4. Slide the pan into the oven and bake for 30 minutes. Remove the lid or foil and bake for another 30 minutes, or until the lentils are tender, the chicken skin is golden and crisp, and its juices run clear. If you have a meat thermometer, the internal temperature of a meaty thigh should read 155°F.
5. Tent with foil and let rest for 10 minutes before carving. Serve the chicken alongside the lentils.

Servings: 4-6



LENTIL SHEPHERD'S PIE

INGREDIENTS

2 lb	(1 kg) Yukon Gold potatoes, quartered
¼ cup	(60 mL) butter
¼ cup	(60 mL) milk
	salt and pepper
	canola oil, for cooking
1	onion, chopped
2	garlic cloves, crushed
2	carrots, peeled and diced
1 lb	(454 g) ground lamb or beef
½ cup	(85 mL) dry red lentils
1 cup	(250 mL) beef or chicken stock
1	tomato, chopped
2 Tbsp	(30 mL) ketchup
½ cup	(125 mL) green peas

STEP BY STEP

1. Preheat oven to 375°F. In a large pot, cover the potatoes with water and set over medium-high heat. Bring to a boil, then reduce heat and simmer for 20-30 minutes, or until the potatoes are very tender. Drain and mash with the butter, milk, and salt and pepper to taste. Set aside.
2. Heat a drizzle of oil in a large skillet pan over medium-high heat and sauté the onion for 3-4 minutes, until soft. Add the garlic, carrots, and lamb or beef and cook, breaking the meat up with a spoon, until it is cooked through and no longer pink.
3. Add the lentils, stock, tomato, and ketchup and bring to a simmer, stirring. Stir in the peas and pour into a 2-litre baking dish. Top with the mashed potatoes.
4. Bake for 30 minutes, or until the potatoes are golden and the filling is bubbling around the edges.

Servings: 6



BRAISED LEEKS AND LENTIL GRATIN

INGREDIENTS

¾ cup	(180 mL) cooked wild or long grain rice
¼ cup	(60 mL) finely chopped pork bacon, or turkey bacon
2 Tbsp	(30 mL) unsalted butter
3	(whole) leeks, halved, cleaned and chopped
½ cup	(125 mL) white wine
1 cup	(250 mL) chicken or vegetable stock
dash	salt and ground black pepper
¼ cup	(60 mL) 35% cream
1 cup	(250 mL) fully cooked lentils, or canned lentils, drained and rinsed
¼ cup	(60 mL) Panko or regular bread crumbs
¼ cup	(60 mL) finely grated parmesan cheese

STEP BY STEP

1. Prepare the rice according to the instructions on the package.
2. In a medium-sized pan, sauté the bacon until crispy. Remove most of the fat by straining.

3. Add the butter and leeks and sauté until rendered and slightly golden. Deglaze with the white wine, scraping the bottom of the pan to remove the delicious bits at the bottom.
4. Add the stock, and a dash of salt and pepper.  cover the pot with a lid. Simmer on medium heat for approximately 25-30 minutes. The leeks should be tender.
5. Add the cream and reduce to medium heat until the leek mixture thickens, stirring continuously. Remove from heat and add the lentils and prepared rice. Season to taste with salt and black pepper.
6. Pour the mixture into a buttered casserole dish and sprinkle the bread crumbs and cheese evenly.
7. Bake for 15 minutes at 400°F until the cheese and breadcrumb layer is golden.

Servings: 4-6



SLOW-COOKED LAMB WITH LENTILS, GARLIC, AND ROSEMARY

INGREDIENTS

1 3-4 lb leg of lamb, with or without bone
¾ cup (185 mL) dry green lentils
1 small onion, finely chopped
1 carrot, finely chopped
3-4 garlic cloves, crushed
2-3 sprigs fresh rosemary or thyme
1 cup (250 mL) red wine, ale, or tomato juice
2 cups (500 mL) chicken, beef, or vegetable stock
salt and freshly ground black pepper

- Put the lentils, onion, carrot, and garlic in the bottom of a large oven-proof pot and set the browned lamb on top. Tuck the herbs in around the lamb, pour the wine and stock overtop, and sprinkle everything with salt and pepper.
- Cover and bake for 3-4 hours, until the lamb is very tender. Transfer to a carving board, cover loosely with foil and let rest for 20 minutes.
- Meanwhile, pour any excess juices off the lentils, transfer the lentils to a serving dish, and reduce the juices in a small saucepan (if need be) until slightly thickened.
- Serve the lamb over the lentils, drizzled with reduced cooking juices.

STEP BY STEP

- Preheat the oven to 325°F. In a large, heavy skillet heat a drizzle of oil over high heat and brown the lamb on all sides – do not worry about cooking it through; this is just to add flavour.

Servings: 6



MUSHROOM AND LENTIL GUINNESS PIE

INGREDIENTS

1	canola oil, for cooking
1	large onion, chopped
1	celery stalk, chopped
1	carrot, peeled and diced
2 Tbsp	(30 mL) butter
3	garlic cloves, crushed
2 tsp	(10 mL) chopped fresh rosemary
3 cups	(750 mL) sliced or chopped button, brown or portobello mushrooms (or a combination)
1 cup	(250 mL) cooked or canned brown lentils, drained
1 can	(or bottle) of Guinness or other dark stout
1 Tbsp	(15 mL) flour
2 cups	(500 mL) onion, beef, or vegetable stock
1 Tbsp	(15 mL) tomato paste
1 pkg	frozen puff pastry, thawed
1	egg, lightly beaten with a fork (optional)

STEP BY STEP

1. Preheat the oven to 375°F. In a large, heavy skillet heat a drizzle of oil and sauté the onion for 3-4 minutes, until . Add the celery and carrot and cook for another minute or two.

2. Add the butter, garlic, rosemary, and mushrooms  and cook until the mushrooms release their liquid, soften, and  start to brown – add another drizzle of oil if the pan seems too dry. Add the lentils and a splash of the Guinness and cook for a few minutes,  scraping any browned bits off the bottom of the pan, until  Guinness has almost cooked off. Sprinkle the flour over everything and stir to coat the vegetables with flour, then add the remaining Guinness, stock, and tomato paste. Bring to a simmer and cook, stirring often, for about 10 minutes or until the sauce is thick and dark and the mushrooms are tender. If the sauce is too thick, add a little more stock.
3. Pour the lentil mixture into a 2-litre baking dish. On a lightly floured surface, roll the pastry out to ¼-inch thick, in roughly the same shape as your baking dish, and drape it over the lentil mixture, tucking it in around the edges. Lightly score the surface in a crisscross pattern, not cutting all the way through to the filling, and brush the top with beaten egg.
4. Bake for 40-45 minutes, until the pastry is puffed and golden and the filling is bubbling around the edges. Serve hot.

Servings: 4-6



OATMEAL-RAISIN COOKIES WITH MARMALADE AND RED LENTILS

INGREDIENTS

¼ cup	(60 mL) dry red lentils
1 cup	(250 mL) all-purpose flour
1¼ cups	(310 mL) oats
½ tsp	(2 mL) baking powder
½ tsp	(2 mL) baking soda
½ tsp	(2 mL) salt
1 tsp	(5 mL) cinnamon
½ tsp	(2 mL) ground ginger
¼ tsp	(1 mL) nutmeg (optional)
⅓ cup	(85 mL) butter, softened
½ cup	(125 mL) sugar
½ cup	(125 mL) packed brown sugar
1	large egg
1 tsp	(5 mL) vanilla
⅓ cup	(85 mL) orange marmalade
½-1 cup	(125-250 mL) raisins

2. In a medium bowl, combine the flour, oats, baking powder, baking soda, salt, cinnamon, ginger, and nutmeg. Set aside.
3. In a large bowl, beat together the butter, sugar, and brown sugar until well combined. Beat in the egg and vanilla.
4. Add the flour mixture to the butter mixture and stir by hand until almost combined.
5. Add the cooked lentils, marmalade, and raisins  stir just until blended.
6. Drop large spoonfuls of dough about 2 inches apart (they spread larger and flatter than normal drop cookies do) on a parchment-lined baking sheet.
7. Bake for 15–20 minutes, until a deep golden colour. Cool for a few minutes on the cookie sheet, then transfer to a wire rack to cool completely.

STEP BY STEP

1. Preheat oven to 350°F. In a small saucepan, cover the lentils with water, bring to a boil and simmer for 12-15 minutes, or until very soft. Drain well and set aside.

Servings: 2 dozen cookies



ONE-POT LENTIL BROWNIES

INGREDIENTS

½ cup	(125 mL) butter
1 cup	(250 mL) chocolate chips, divided
½ 19 oz can	(540 mL) lentils, rinsed and drained (about ¾ cup)
2	large eggs
¾ cup	(185 mL) sugar
1 tsp	(5 mL) vanilla
½ cup	(85 mL) all-purpose flour
¼ cup	(60 mL) cocoa
¼ tsp	(1 mL) salt

STEP BY STEP

1. Preheat the oven to 350°F. In a medium saucepan set over low heat, melt the butter with ½ cup of the chocolate chips, stirring often to keep it from burning. Set aside to cool for a few minutes.

2. Spread the rinsed lentils out on a double thickness of paper towel and blot them gently to remove as much moisture as possible. Pick up the paper towel and pour the lentils into the bowl of a food processor. Add the eggs, sugar, vanilla, and slightly cooled butter-chocolate mixture, and pulse until the mixture is as smooth as possible.
3. Pour back into the clean dry saucepan (off the heat), add the flour, cocoa, and salt. Stir until just combined. Stir in the remaining chocolate chips.
4. Pour the batter into an 8x8-inch pan that has been buttered or sprayed with nonstick spray. Bake for 25-30 minutes, until the edges are pulling away from the sides of the pan but the middle is still soft. Cool completely in the pan on a wire rack before cutting.

Servings: 16 brownies



BREAD PUDDING WITH LENTILS, APPLES, AND CRANBERRIES

INGREDIENTS

½ loaf	bread, cut into small cubes (180 mL)
¾ cup	(180 mL) dried cranberries
1	(whole) granny smith apple, core removed, small dice
1 cup	(250 mL) fully cooked lentils or canned lentils, drained & rinsed
4	large eggs, whisked lightly
2 cups	(500 mL) 2% milk
1 cup	(250 mL) 35% cream
1 cup	(250 mL) brown sugar
3 Tbsp	(45 mL) melted unsalted butter (reserve 1 Tbsp for buttering the baking dish)
2 Tbsp	(30 mL) spiced rum (optional, but delicious)
1 tsp	(5 mL) ground cinnamon
1 Tbsp	(15 mL) pure vanilla extract
dash	salt

STEP BY STEP

1. In a large bowl, toss the bread, cranberries, apples, and lentils together.
2. In a separate bowl, whisk together the remaining ingredients.
3. Pour the mixture over the bread and gently combine until the bread is coated. Allow the mixture to sit for approximately 15 minutes. This will allow the bread to absorb the liquid (this helps to make a nice moist end product).
4. Pour the mixture into a 9-inch square, buttered, ovenproof baking dish. Bake the pudding at 350°F for 45-60 minutes, or until the pudding is golden and set in the centre.
5. Cut into squares and serve warm with a scoop of your favourite ice cream and sliced apples.

Servings: 6-8





CANADIAN LENTILS

Ph: 306-668-9988

lentil@saskpulse.com

lentils.ca

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