



LENTILS FOR EVERY SEASON



∞ FALL 2013 ∞

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CITRUS BERRY SHAKE WITH LENTILS

INGREDIENTS

2 cups	(500 mL) ripe strawberries, chopped
1½ cups	(375 mL) ripe blueberries
1 cup	(250 mL) cooked lentils
1 cup	(250 mL) crushed ice
¾ cup	(190 mL) plain Greek yogurt
3 Tbsp	(45 mL) lemon juice
3 Tbsp	(45 mL) honey
2 tsp	(10 mL) vanilla extract
garnish	blueberries

STEP BY STEP

1. Place all ingredients into the blender and purée until delightfully smooth.

Tip: The pectin from the berries will thicken the shake the longer it sits. Plan to drink your shake soon after making it or it may turn into more of a pudding...which is equally tasty.

Servings: 4-6



ZESTY LENTIL GAZPACHO

INGREDIENTS

1½ cups	(375 mL) tomato juice
1½ cups	(375 mL) chopped tomatoes (approx. 2 medium)
1 cup	(250 mL) cooked lentils
1 cup	(250 mL) chopped red bell pepper (approx. 1 whole cleaned)
1 cup	(250 mL) chopped cucumber (approx. ½ whole)
1 Tbsp	(15 mL) chopped jalapeno pepper (approx. 1 small)
2 Tbsp	(30 mL) chopped shallot
2 Tbsp	(30 mL) lemon juice
2 Tbsp	(30 mL) canola oil
2 tsp	(10 mL) chopped garlic
2 tsp	(10 mL) hot sauce
to taste	sea salt
garnish	sour cream and fresh cilantro

STEP BY STEP

1. Place all ingredients except the salt in a blender and process until smooth in consistency.
2. Season to taste with salt and reserve in the fridge for 2-4 hours. This will help the flavours come together and develop.
3. Before serving season with salt and hot pepper if needed. Garnish each bowl with a dollop of sour cream and fresh cilantro.

Tip: If you would like to enhance the texture of the soup, reserve ¼ cup of the tomatoes, red pepper, cucumber, and lentils and stir them in after the soup has been blended. This will give a nice “crunch” in the soup and surprise your guests.

Servings: 6-8



LENTIL CAPRESE SALAD

INGREDIENTS

Salad

- 2 cups** (500 mL) chopped baby kale or spinach
- 1½ cups** (375 mL) halved cherry tomatoes
- 1 cup** (250 mL) bocconcini cheese, sliced (200g container, drained/rinsed)
- 1 cup** (250 mL) cooked lentils
- 2 Tbsp** (30 mL) finely sliced basil
- 1** (whole) green onion, sliced thinly

Dressing

- 3 Tbsp** (45 mL) balsamic vinegar
- 3 Tbsp** (45 mL) olive oil
- 1 tsp** (5 mL) whole grain mustard
- ¼ tsp** coarse black pepper
- to taste** sea salt

STEP BY STEP

1. Combine the kale, tomatoes, cheese, lentils, basil, and onion together in a large bowl.
2. In a separate bowl, whisk together the dressing ingredients and season with salt.
3. Just before serving, toss the salad with the dressing.

Servings: 4-6



LENTIL, BARLEY, & WHEAT BERRY SALAD

INGREDIENTS

Salad

½ cup	(125 mL) wheat berries
½ cup	(125 mL) pearl or pot barley
½ cup	(125 mL) green or brown lentils
¼ cup	(60 mL) golden raisins or chopped dried apricots
1	tart apple, cored and diced
2	celery stalks, chopped
½ -1 cup	(125-250 mL) chopped kale, spinach, or Italian parsley
½ cup	(125 mL) crumbled feta
¼ cup	(60 mL) finely chopped purple onion
½ cup	(125 mL) chopped walnuts, toasted

Dressing

½ cup	(85 mL) canola oil
¼ cup	(60 mL) white balsamic vinegar or lemon juice
2 tsp	(10 mL) grainy mustard
2 tsp	(10 mL) sugar
1	small garlic clove, finely crushed (optional)
dash	salt and freshly ground black pepper

STEP BY STEP

1. In a medium saucepan, cover the wheat berries with a few inches of water; bring to a boil. Remove from heat and let stand for an hour. (Alternatively, soak them in water overnight.)
2. Pour off most of the water from the wheat berries, add the barley and lentils to the pot and cover with water by a few inches. Bring to a boil and cook for 40 minutes, until the grains and lentils are tender. Drain and rinse under cold water to stop them from cooking; drain well and transfer to a bowl. Stir in the raisins or apricots and let cool completely. (They will plump up, absorbing any excess moisture.)
3. Add the apple, celery, kale, feta, onion, and walnuts. In a small bowl or jar, whisk or shake together all the dressing ingredients, seasoning with salt and pepper to taste. Drizzle over the salad and toss to coat. Serve immediately or refrigerate until needed.

Servings: 8



CURRIED BEEF & LENTIL PIE

INGREDIENTS

Pastry for a double crust pie

Filling

- ¾ lb** (375 g) lean ground beef
- 1** small onion, finely chopped
- 1** jalapeno pepper, seeded and finely minced
- 1-2** garlic cloves, crushed
- 2 tsp** (10 mL) grated fresh ginger
- 1-14 oz** (398 mL) can lentils, rinsed and drained
- ¼ cup** (60 mL) chopped fresh cilantro
- 2 tsp** (10 mL) curry powder
- 1 tsp** (5 mL) cumin
- ½ tsp** (2 mL) garam masala
- ¼ tsp** (1 mL) salt

- 1** egg, lightly beaten (optional)
- mango or other fruit chutney, for serving

STEP BY STEP

1. On a lightly floured surface, roll half the pastry out to a 10-inch circle; fit into a pie plate.
2. In a large, heavy skillet, cook the ground beef, breaking up any lumps of meat with a spoon. As it cooks, add the onion, jalapeno, garlic, and ginger. Cook until the meat is no longer pink and the onion is soft. Stir in the lentils, cilantro, curry powder, cumin, garam masala, and salt and cook for another 3-4 minutes, until any excess moisture has cooked off and the spices are fragrant. Set aside to cool slightly.
3. Preheat the oven to 425°F. Pour the filling into the shell. Roll out the second piece of pastry slightly larger than the top, place over the filling, then trim the edges to within ½-inch of the pie plate and crimp to seal. Cut a few slits in the top to help steam escape.
4. If you like, brush the top or edge of pastry with a little beaten egg. Bake until golden, 40-45 minutes. Serve warm or at room temperature, with chutney.

Servings: 6-8



QUINOA & LENTIL SALAD WRAPS

INGREDIENTS

2 cups	(500 mL) cooked quinoa
1 cup	(250 mL) cooked lentils
1	whole large red bell pepper, diced
½ head	small radicchio, thinly sliced
¼ cup	(60 mL) toasted pumpkin seeds
1	(whole) green onion, finely sliced
3 Tbsp	(45 mL) seasoned rice wine vinegar
2 Tbsp	(30 mL) chopped fresh cilantro
2 Tbsp	(30 mL) lemon juice
1 Tbsp	(15 mL) olive oil
2 tsp	(10 mL) whole grain mustard
½ head	iceberg lettuce, leaves separated

STEP BY STEP

1. Place all ingredients (minus the lettuce) in a bowl and combine until heart's desire.
2. Fill the lettuce leaves with the salad as you eat and enjoy!

Servings: 4-6



LENTIL PEANUT SAUCE WITH CRACKED PEPPER & LIME CHICKEN SATAYS

INGREDIENTS

Sauce

½ cup	(125 mL) peanut butter
½ cup	(125 mL) cooked lentils
½ cup	(125 mL) hot water
3 Tbsp	(45 mL) hoisin sauce
1 Tbsp	(30 mL) lime juice
2 tsp	(15 mL) Sriracha sauce

Grilled Chicken

4	chicken breasts, sliced thinly (lengthwise)
12	medium length skewers, soaked in water
2	limes, juiced
dash	sea salt
dash	coarse black pepper
2	limes, cut into wedges
garnish	fresh chopped cilantro

STEP BY STEP

1. Preheat the grill or oven.
2. For the sauce, put all of the ingredients in a processor and blitz until smooth and reserve.
3. For the chicken, dry the prepared pieces off with paper towel and place them in a bowl. Squeeze the lime juice over the chicken and season with salt and pepper. Weave the pieces of chicken onto the skewers and grill on the BBQ until fully cooked/semi-charred. OR bake in the oven at 350°F for 15-20 minutes (or until fully cooked).
4. Garnish the chicken satays with cilantro and serve with the prepared sauce and fresh lime wedges.

Servings: 4-6



LENTIL TACOS

INGREDIENTS

- 1** canola or olive oil, for cooking
- 2** small onion, chopped
- 2** garlic cloves, crushed
- 1-14 oz** (398 mL) can diced or stewed tomatoes
- 1 cup** (250 mL) lentils
- 2 tsp** (10 mL) chili powder
- ½ tsp** (2 mL) cumin
- dash** salt and pepper

- 6 or more** taco shells or soft flour tortillas
- shredded cheese
- shredded lettuce
- chopped tomatoes
- salsa or guacamole
- sour cream

STEP BY STEP

1. In a large, shallow pan, heat a drizzle of oil over medium-high heat. Add the onion and cook for 4-5 minutes, until soft and starting to turn golden around the edges. Add the garlic and cook for another minute.
2. Add the tomatoes, lentils, chili powder and cumin, along with 1 cup of water. Bring to a simmer and cook, stirring occasionally, for 40 minutes, or until the lentils are tender and most of the liquid has been absorbed. Add a little more water if it seems too dry. If it seems too wet, continue cooking until the excess moisture has been cooked off.
3. Serve the lentils in taco shells, with cheese, lettuce, tomatoes, salsa, and sour cream for garnish.

Servings: 6



GINGER PUMPKIN LOAF

INGREDIENTS

¼ cup	(60 mL) split red lentils
2½ cups	(625 mL) all-purpose flour
1 cup	(250 mL) packed brown sugar
1 tsp	(5 mL) cinnamon
1 tsp	(5 mL) ground ginger
2 tsp	(10 mL) baking powder
1 tsp	(5 mL) baking soda
¼ tsp	(1 mL) salt
1-14 oz	(398 mL) can pumpkin purée
½ cup	(125 mL) canola oil
½ cup	(125 mL) buttermilk
3	large eggs
2 tsp	(10 mL) freshly grated ginger
1 tsp	(5 mL) vanilla
½ cup	(125 mL) chopped walnuts or pecans, or green pumpkin seeds

STEP BY STEP

1. Preheat oven to 350°F. In a small saucepan, cover lentils with water by an inch or two and bring to a boil. Simmer for 15-20 minutes, or until very soft. Drain.
2. In a large bowl, stir together the flour, brown sugar, cinnamon, ginger, baking powder, baking soda, and salt. In the bowl of a food processor combine the lentils, pumpkin, oil, buttermilk, eggs, ginger, and vanilla; pulse until well-blended and smooth.
3. Add the wet ingredients to the dry along with the nuts and stir just until combined. Scrape into a greased large (9x5-inch) loaf pan and bake for 1 hour, until the top is domed and springy to the touch. Cool on a wire rack.

Servings: 16 slices



OATMEAL-LENTIL JAM-FILLED SLAB SCONES

INGREDIENTS

¼ cup	(60 mL) red lentils
2 cups	(500 mL) all-purpose flour
1½ cups	(375 mL) whole wheat flour
½ cup	(125 mL) quick or old-fashioned oats
¼ cup	(60 mL) sugar
1 Tbsp	(30 mL) baking powder
½ tsp	(2 mL) salt
½ cup	(125 mL) butter, cut into pieces
1½ cups	(375 mL) buttermilk, half & half, milk, or thinned plain yogurt
¾ cup	(185 mL) jam or preserves

STEP BY STEP

1. Preheat oven to 375°F.
2. In a small saucepan, cover the lentils with water and bring to a boil; cook without stirring for 10-12 minutes, or until just tender. Drain well and set aside to cool.

3. In a large bowl or the bowl of a food processor, combine the flours, sugar, baking powder, and salt. Blend using a pastry cutter or fork, or pulse the food processor until the mixture is combined but there are still bits of butter no bigger than a pea. If you're using a food processor, dump the mixture out into a bowl.
4. Add the cooked lentils and buttermilk and stir just until the dough comes together. Divide the dough in half, and on a lightly floured surface roll each piece into a 10-inch square. Spread the jam in a strip down the middle third, and fold each half over it, overlapping like a letter. If you like, brush the tops with a little extra milk and sprinkle with sugar.
5. Transfer to a baking sheet and bake for 25-30 minutes, until golden. To serve, cut into thick slices, or triangle-shaped wedges by cutting at alternating angles.

Servings: 16



NO-KNEAD BREAD WITH LENTILS

INGREDIENTS

- 1 cup** (250 mL) canned lentils, rinsed and drained (half of 1-19 oz/540 mL can)
- 3 cups** (750 mL) all-purpose or bread flour, or any combination of all-purpose and whole wheat, plus more for dusting
- ½ tsp** (2 mL) active dry yeast
- 1 tsp** (5 mL) salt

STEP BY STEP

- Put the lentils and ½ cup water into the bowl of a food processor and purée until smooth.
- In a large bowl stir together the flour, yeast, and salt. Add the lentils along with 1 cup of water and stir until blended; the dough will be shaggy and sticky. Cover the bowl with plastic wrap or a dinner plate and let it rest on the countertop at room temperature for 18-24 hours.
- When the surface of the dough/batter looks wet and is dotted with bubbles, flour the countertop and scrape the dough out onto it. Sprinkle it with a little more flour and fold it over on itself once or twice, then roughly shape into a ball. (It should be so wet and sticky that you could not knead it if you wanted to – resist the urge to add more flour!) Dust with flour, cover with a cotton tea towel and let it sit for another hour or 2.
- While the bread is resting, preheat the oven to 450°F. Put a 6-8 quart heavy covered pot (cast iron, enamel, Pyrex, or ceramic) into the oven as it heats. When the dough is ready, carefully remove pot from oven. Slide your hand under towel and flip the dough over into the pot; cover and bake for 30 minutes, then remove the lid and bake another 10-15 minutes, until it's crusty and golden.

Servings: 1 loaf



CHEWY LENTIL PRETZELS

INGREDIENTS

Dough

- 2 tsp** (10 mL) active dry yeast
- ¾ cup** (185 mL) lukewarm water
- 1 tsp** (5 mL) brown sugar
- 1-14 oz** (398 mL) red lentils, rinsed and drained
- ¾ cup** (185 mL) milk, warmed
- 2 Tbsp** (30 mL) canola or olive oil
- 4½-5 cups** (1.25-1.5 L) all-purpose flour
- 1 tsp** (5 mL) salt

Water

- 2 tsp** (10 mL) baking soda
- 1 tsp** (5 mL) salt

sesame seeds or coarse sea salt, for sprinkling

STEP BY STEP

1. In a large bowl, stir the yeast into the water; let it sit for about 10 minutes. If it's not foamy, toss it out and buy fresh yeast.
2. In the bowl of a food processor, blend the lentils, milk, and oil until smooth; add to the yeast. Stir in about 3 cups of the flour and the salt. Add the rest of the flour about a half cup at a time, and when it becomes too difficult to stir, turn it out onto the countertop and start kneading. Once all the flour is incorporated, keep kneading, adding extra flour if it's too sticky, for about 8 minutes, until the dough is smooth and elastic. Cover with a tea towel and let rest for an hour.
3. Cut the dough into 10 pieces and roll each into a rope. Shape each piece into a pretzel, set aside on a baking sheet, and let rest for 15 minutes while you bring 2 L of water to a rolling boil with the baking soda and salt. Preheat the oven to 425°F.
4. Boil 2-3 pretzels at a time so you don't crowd the pot (they will swell), and simmer for a minute per side. Remove from the water with a slotted spoon and place on a baking sheet that has been sprayed with nonstick spray or lined with parchment or a baking mat. Sprinkle with sesame seeds or coarse salt as soon as they come out of the water, so that it sticks.
5. Bake for 15-20 minutes, until golden.

Servings: 1 dozen



DOUBLE CHOCOLATE CUPCAKES WITH LENTILS

INGREDIENTS

1¾ cups	(435 mL) all-purpose flour
1 cup	(250 mL) packed brown sugar
¾ cup	(185 mL) cocoa
1 tsp	(5 mL) baking powder
1 tsp	(5 mL) baking soda
¼ tsp	(1 mL) salt
1 cup	(250 mL) canned lentils, rinsed and drained (half of 1-19 oz/540 mL can)
½ cup	(125 mL) canola oil
2	large eggs
1½ cups	(375 mL) milk
2 tsp	(10 mL) vanilla extract
1 tsp	(5 mL) instant coffee (optional)

STEP BY STEP

1. Preheat the oven to 350°F.
2. In a large bowl, whisk together the flour, brown sugar, cocoa, baking powder, baking soda, and salt, breaking up any lumps of brown sugar and cocoa.
3. In the bowl of a food processor, pulse the beans, oil, and eggs until well blended; add the milk, vanilla, and instant coffee and pulse until smooth. Add to the dry ingredients and whisk until combined.
4. Divide the batter among paper-lined muffin tins, filling them about ¾ full. Bake for 25 minutes, until the tops are springy to the touch. Tip them a bit in their pans to let the steam escape and help them cool. Cool completely before frosting with your choice of frostings.

Servings: 1½ dozen cupcakes





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