

# Celebrity Chefs

## Eating Foods Produced Close to Home




### in brief

From our kitchen to yours, celebrity chefs share their favourite pulse recipes.

The Celebrity Chefs column is designed to excite your taste buds and provide new ideas on how you can include pulses in your family meals. In this issue, we feature food experts who promote the benefits of eating locally and experiencing the taste of Saskatchewan grown food.

Habeeb Salloum, Canadian writer and author of the recollection/recipe book *Arab Cooking on a Saskatchewan Homestead*, profiled on page 9, shares with us Mujaddara, one of his favourite traditional recipes from his book. CJ Katz, publisher and editor of *Savour Life* magazine ([www.savourlife.ca](http://www.savourlife.ca)) spices things up with a quick and easy Smokey Chipotle Hummus recipe for your next patio party. Finally, we have a perfect summer dish from freelance writer Amy Jo Ehman who provides us with her Corn and Bean Salad recipe that is ideal for your next barbecue.

Try all three and let us know which one your family likes best. If you have a favourite pulse recipe to share with our readers, email it to [pulse@saskpulse.com](mailto:pulse@saskpulse.com) or fax it to 306-668-5557, along with your contact information. Happy Cooking! 

### Vegetarian Lentil Delight Mujaddara

Habeeb Salloum

- 1 cup (250 mL) red lentils, rinsed
- 5 cups (1250 mL) water
- ¼ cup (50 mL) burghul or rice, rinsed
- 6 tbsp. (90 mL) butter
- 3 medium onions, chopped
- 1 tsp. (5 mL) salt
- ½ tsp. (2 mL) pepper
- ½ tsp. (2 mL) cumin
- ¼ tsp. (1 mL) chili powder



Place lentils and water in a saucepan and bring to a boil. Cover, and cook over medium heat for 15 minutes or until lentils are half-cooked. Add burghul or rice, and bring to a boil. Reduce heat to low, cover and cook for another 20 minutes or until both lentils and burghul or rice are tender but still intact and slightly firm. Stir occasionally and add more water if necessary.

In the meantime, melt butter in a frying pan and sauté onions until they turn golden brown. Stir frying pan contents and remaining ingredients into saucepan, then stir and cook for a further 3 minutes. Serve hot. Makes 4 to 6 servings.

**Comments from Habeeb:** This is one of my favourite recipes. It is best eaten with tarty pickles and freshly baked Arab bread (pita) on the side. Mujaddara, as the Arabs believe, was suspected to be the dish for which Esau sold his birthright in the Bible.

### Smokey Chipotle Hummus

CJ Katz

- 1 15 oz. (450 mL) can chickpeas, drained
- ¼–⅓ cup (70 mL) tahini paste
- Juice of 1 lemon
- 2 tbsp. (30 mL) olive oil
- 1 chipotle pepper with adobo sauce\*
- 1 large clove garlic, minced
- 1 tsp. (5 mL) ground cumin
- ½ cup (75 mL) chopped fresh cilantro
- 1 roasted red pepper, peeled, seeded and diced



In blender, combine chickpeas, tahini paste, lemon juice, olive oil, chipotle pepper, minced garlic, and cumin. Blend to a smooth paste, adding small amounts of water as necessary. Taste and adjust seasonings. Transfer to bowl and stir in cilantro and roasted red pepper.

\* You can also use Chipotle Tabasco or 1 jalapeno pepper with ¼–½ tsp. (1–2 mL) smoked paprika.

**Comments from CJ:** This is probably the BEST hummus ever and it truly shows off Saskatchewan grown chickpeas. There's something about the marriage of the hearty flavour of chickpeas with the smoky flavour that people really love. Serve it with fresh pita bread.

### Corn and Bean Salad

Amy Jo Ehman

- 1 15 oz. (450 mL) can mixed beans (such as Unico Bean Medley)
- 1 ½ cups (375 mL) kernel corn
- ¼ cup (50 mL) red onion, finely diced
- 2 tbsp. (30 mL) olive or canola oil
- 2 tsp. (10 mL) lemon juice
- 1 tsp. (5 mL) each dried sage and thyme
- Chopped fresh garden chives (opt.)



Mix everything in a bowl. This salad is best made ahead and allowed to marinate a few hours. In summer, use corn freshly cut off the cob and steamed until cooked. Fresh herbs can be substituted at a ratio of 1 tbsp. (15 mL) fresh herb per 1 tsp. (5 mL) dried herb. When red peppers arrive at the Saskatoon Farmers' Market, I also add ¼ cup (50 mL) of finely diced red pepper for flavour and colour.

**Comments from Amy Jo:** This salad is tasty whether it's made just before dinner, or better yet, several hours before dinner. I always have canned beans and corn on hand, so it's quick and easy for a last minute barbeque or a potluck. It's a delicious way to eat healthy, Saskatchewan grown beans.

**Would you like to add more pulses into your meal plans?** Sign up NOW to receive our weekly pulse recipe. Just email us at [rkehrig@saskpulse.com](mailto:rkehrig@saskpulse.com) and indicate that you would like to be added to our new Weekly Recipe Email List.