

Celebrity Chefs

Treats from the Crop Development Centre



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, our chefs from the Crop Development Centre bring you traditional, hearty winter recipes and a special dessert recipe that will be sure to leave you wanting more!

Dorothy Murrell, Managing Director at the Crop Development Centre provides a hearty vegetable chili recipe that will keep you warm and toasty. Plant Breeder Bunyamin Tar'an treats us with a delicious Lentil Banana Carrot Cake recipe and Tom Warkentin, also a Plant Breeder, spices things up with his Spicy Lentil and Black Bean Lasagna recipe. Try all three and let us know which one your family likes best.

Do you have a favourite pulse recipe to share with our readers? Send it via email to pulse@saskpulse.com or fax it to 306-668-5557, along with your contact information. Happy Cooking! 

Hearty Vegetarian Chili

Dorothy Murrell



- 1 medium sized butternut squash, peeled and cut into ¾" cubes
- 2 medium carrots, diced
- 1 medium onion, finely chopped
- 1 cup frozen corn
- 1 can (28oz/796mL) tomatoes, diced, with juice
- 2 cans (each 19oz/540mL) black beans, rinsed and drained
- OR 4 cups (1L) soaked, cooked and drained black beans
- 1 can (4.5oz/125mL) chopped green chilies, with liquid
- 1 cup vegetable or chicken stock
- 3 tbsp. chili powder
- ½ tsp. salt
- ¼ cup chopped, fresh cilantro
- Sour cream
- Chopped, fresh cilantro

In a slow cooker, combine squash, carrots, onion, frozen corn, tomatoes (with juice), black beans, chilies (with liquid), stock, chili powder and salt; stir to mix well.

Cover and cook on low for 6 to 8 hours or on high for 3 to 4 hours, until hot and bubbling. Add cilantro; cover and cook on high for 15 to 20 minutes longer. Spoon into serving bowls and top with a dollop of sour cream and additional chopped, fresh cilantro.

Comments: This is such a great slow cooker recipe!

Loretta's Lentil Banana Carrot Cake

Bunyamin Tar'an



- 1 ½ cups lentil puree (add small amounts of water to cooked red or green lentils and blend until the consistency of a puree)
- ¾ cup canola oil
- ½ cup mashed banana
- 1 ½ cups packed brown sugar
- 2 tsp. vanilla
- 1 egg
- 2 cups whole-wheat flour
- 2 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. ground allspice
- ½ tsp. salt
- ½ cup chopped walnuts (optional)
- 1 cup finely grated carrots

Preheat oven to 180°C (350°F). In a mixing bowl combine lentil puree, oil, banana, brown sugar, vanilla and egg until well blended.

In a separate bowl, combine flour, baking powder, baking soda, allspice and salt. Mix thoroughly. Beat into lentil mixture a little at a time. Stir in walnuts and carrots.

Turn into a 22 X 34cm (9" X 13") non-stick baking dish. Bake 30 minutes, or until toothpick inserted in centre comes out clean. Top with cream cheese icing (if desired). Makes 24 servings.

Comments: We were able to sample this tasty and nutritious cake at the Regional Pulse Development Workshop in Weyburn.

Spicy Lentil and Black Bean Lasagna

Tom Warkentin



- Ground beef
- Green lentils
- Canned black beans
- Canned tomato sauce
- Garlic
- Chili peppers
- Ground black pepper and salt
- Spinach
- Cottage cheese
- Egg
- Lasagna noodles (oven ready)
- Mozzarella cheese

Brown the ground beef. Boil lentils until just softened. Rinse and drain canned black beans. Add canned tomato sauce to beef, lentils and black beans. Add garlic, chili peppers, black pepper, and salt to taste. Simmer. The sauce will be runny, as the pasta will absorb water.

Boil the spinach, and drain. Mix with cottage cheese, an egg and black pepper.

Assemble in a large glass baking dish, starting with a layer of the tomato mixture, followed by lasagna noodles, pulse sauce, lasagna noodles, cottage cheese/spinach mixture and lasagna noodles. Top with a layer of grated mozzarella cheese. Cover with aluminum foil. Bake at 180°C (350°F) for 30 to 35 minutes. Enjoy with a salad and fresh bread!

Comments: This recipe supports prairie agriculture: pulses, cereal, beef, dairy, and vegetables. I didn't include any measurements because it changes each time I make it. I usually like to use a ratio of about ¾ pulses to ¼ beef in the sauce. Feel free to make the sauce spicy for extra taste!