

# Celebrity Chefs

## Heating up the Markets with Homemade Lentil Soups




### 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 are your favourite pulse market analysts who bring you a mixture of spicy lentil soup recipes that are sure to warm you up as fall harvest comes to an end and we prepare for another cold Saskatchewan winter.

Larry Weber of Weber Commodities Ltd. shares with us his Lentil Curry Soup recipe which is full of fresh garden vegetables. Marlene Boersch of Mercantile Consulting Venture heats things up with her Spiced Lentil Soup recipe, a perfect combination of autumn spices and flavours. Finally, Brian Clancey of STAT Publishing keeps us warm with his Cajun Lentil Soup recipe, a creamy blend of vegetables and bacon. Try all three and let us know which one your family liked best.

Would you like to add more pulses into your meal plans? Email [rkehrig@saskpulse.com](mailto:rkehrig@saskpulse.com) and indicate that you would like to be added to our new Monthly Recipe Email List. Happy Cooking! 

### Lentil Curry Soup

Larry Weber



2 tbsp. (30 mL) butter  
2 cloves of garlic, peeled and finely chopped  
1 onion, peeled and finely chopped  
1 carrot, peeled and finely cubed  
1 stick of celery finely chopped  
¾ cup (175 mL) lentils, well rinsed  
1 can (28 oz.) chopped tomatoes  
3 cups (750 mL) of vegetable stock  
1 small tin of tomato cocktail  
A dash of Worcestershire sauce  
A few drops of Tabasco sauce  
Salt and pepper

Melt butter in a saucepan and fry garlic, onion, carrot and celery over medium heat until just soft. Add lentils, chopped tomatoes, vegetable stock and tomato cocktail. Cover and simmer until lentils are soft. Add Worcestershire sauce, Tabasco, salt and pepper. Cover and keep warm.

#### Croutons:

2 tbsp. (30 mL) vegetable oil (not olive oil)  
3 tsp. (10 mL) curry powder  
4 slices of white bread, cut into crouton squares

Mix oil and curry powder well and brush over croutons. Grill in oven until golden brown. Serve with soup.

**Comments from Larry:** This soup combines lentils and curry – two of my favourite ingredients.

### Spiced Lentil Soup

Marlene Boersch



6 cups (1.5 L) water  
2 tsp. (10 mL) salt, add more to taste  
2½ cups (575 mL) lentils  
¼ cup (60 mL) olive oil  
2 onions, peeled and chopped  
4-5 large cloves of garlic, peeled and sliced  
2 large bay leaves  
½ tsp. (2 mL) cinnamon  
½ tsp. (2 mL) ground cloves  
½ tsp. (2 mL) ginger  
1½ tsp. (8 mL) ground cumin  
2 tbsp. (30 mL) minced green chilies  
2 tbsp. (30 mL) chopped fresh cilantro (coriander leaves)  
¼ cup (60 mL) chopped fresh parsley  
3 tbsp. (15 mL) butter  
Fresh ground black pepper

In a large pot combine water, salt and lentils. Bring water to a boil, lower heat and simmer for one hour. Heat olive oil in a skillet, add onions, garlic and bay leaves and sauté them. Add the cinnamon, cloves, ginger and cumin to the onions and stir over low heat for two minutes. Stir onions and spices into the lentils, water and salt, along with the chilies, cilantro, and parsley. Let soup simmer for an hour, stirring occasionally.

When the lentils are soft, purée at least half the soup in a blender, in batches of 2-3 cups. Return puréed soup to the pot and stir in butter. Add salt and pepper as needed. Serve soup hot.

**Comments from Marlene:** I served this dish at a celebration when my Agriculture Economics Master's thesis was accepted.

### Cajun Lentil Soup

Brian Clancey



2 slices of bacon, chopped  
1 medium-size onion, finely chopped  
2 garlic cloves, minced or pressed  
8 cups (2 L) water  
2 cups dry lentils, rinsed in cold water  
1 medium-sized carrot, finely chopped  
1 celery stalk, finely chopped  
2 medium-size ripe tomatoes, quartered  
1 large leek cleaned well, slicing the white bulb and tender part of the green stem  
1 bay leaf  
2 cups (500 mL) whole milk or cream  
Dash Tabasco sauce  
Salt and freshly ground black pepper to taste

In a large saucepan, over medium heat, cook the chopped bacon. Before the bacon starts getting crispy, add the onions and cook until they soften. Add garlic and cook for 30 to 40 seconds. Add water, lentils, carrot, celery, tomato, leek, and bay leaf. Simmer, covered for 45 minutes. Cook longer if the lentils have not softened.

Pour the soup in batches into a food processor fitted with a steel blade or a blender. Process until smooth. Pour the puréed soup back into the saucepan.

Reduce the heat to low and gradually add the milk or cream. Add a dash of Tabasco sauce, and salt and pepper to taste. Allow it to cook for a minute before tasting. Repeat until the soup acquires the desired "kick."

**Comments from Brian:** This soup goes best on a crisp winter day with an intimate gathering of friends and family.