

From our kitchen to
yours, **Celebrity Chefs**
share their favourite
pulse recipes.

Celebrity Chefs – Pulse Days Speakers

The Celebrity Chefs column is designed to excite your taste buds and provide new ideas on how you can include pulses in your family's meals.

In this issue we are featuring recipes from a few of our Pulse Days 2010 speakers. For those that joined us this year at Pulse Days, we heard about the nutrient contribution of pulses in a rotation from Dr. Jeff Schoenau, a University of Saskatchewan Research Professor who shares with us his Bean Salad recipe. We also have a great Masala Dal recipe from our keynote

speaker Dr. Bruce Scherr. Trying different Indian foods at home is a great way to mix new flavours into your meals. Finally, from our Market Outlook Session Moderator Kevin Hursh, we have a Lentil Chowder recipe, a healthy twist to a traditional soup recipe.

Want more pulse recipes? Contact us at pulse@saskpulse.com or 306-668-0350 to receive a **FREE** copy of our new recipe booklet.

Happy Cooking!



Bean Salad

by Jeff Schoenau

- 2 cups (500 mL) fresh or frozen cut green beans
- 2 cups (500 mL) fresh or frozen cut yellow beans
- 1 19 oz. can (540 mL) drained, rinsed kidney beans
- 1 19 oz. can (540 mL) drained, rinsed chickpeas
- 1 cup (250 mL) diced red onion
- 1 cup (250 mL) diced red or yellow bell pepper

Dressing:

- ½ cup (125 mL) white sugar (have used Splenda as an alternative)
- ½ cup (125 mL) white vinegar
- ½ cup (125 mL) canola oil
- Dash of Worcestershire sauce
- ½ tsp. (2 mL) salt
- 2 tbsp. (30 mL) dried or ½ cup (125 mL) fresh parsley
- 2 tsp. (10 mL) dijon mustard
- 1 ½ tsp. (7 mL) dry basil

Toss all ingredients together in a bowl. Mix dressing ingredients and toss into salad.

Comments: *This is a family favourite that originates from my wife Lynne's side of the family, usually made with beans from our garden. It is a great salad, nice and cool for hot August days when we are combining peas!*



Masala Dal

by Bruce Scherr

- ½ cup (125 mL) grated coconut
- 1 medium onion, sliced
- 1 cup (250 mL) split red lentils
- 2 cups (500 mL) water
- 3 green chillies, chopped
- ½ tsp. (2 mL) turmeric powder
- 2 tomatoes, chopped
- Salt to taste
- 1 tbsp. (15 mL) oil
- 1 tsp. (5 mL) mustard seeds
- 1 tsp. (5 mL) cumin seed
- 1 tsp. (15 mL) chopped coriander leaves

Grind the grated coconut with a little water to a smooth paste in a blender and keep aside. Fry the sliced onions until golden brown. Remove and keep aside. Combine lentils and water and cook for approximately 15 minutes or until soft. Add the green chillies, turmeric powder, tomatoes, and salt. Cook for three minutes. Add the coconut paste and mix thoroughly. Cook for a minute and remove from heat. Heat the oil in a pan, add the mustard seeds, and when they crackle, add the cumin seeds. Fry for a few seconds over low heat. Pour over the lentil mixture. Serve hot, garnished with the fried onions and chopped coriander leaves.

Comments: *We love Indian dishes and it is a great way for my family to add more pulses to our meals.*



Lentil Chowder

by Kevin Hursh

- 4 slices bacon, chopped
- 1 cup (250 mL) onion, chopped
- 1 cup (250 mL) celery, chopped
- 2 tbsp. (30 mL) canola oil
- 1 ½ cups (375 mL) lentils, washed
- 4 cups (1 L) water
- 1 28 oz. (796 mL) canned tomatoes
- 2 cups (500 mL) raw potatoes, diced
- 2 tsp. (10 mL) salt
- ¼ tsp. (1 mL) oregano
- Pepper to taste

In a large pot, sauté bacon, onion and celery in canola oil. Add washed lentils, water, canned tomatoes, potatoes, salt oregano and pepper. Cook for 45 to 60 minutes. Serves 8.

Comments: *Marlene and I have adapted this from a recipe in the 1984 Saskatchewan Pulse Growers cookbook, The Amazing Legume. Sometimes we substitute ham for bacon. The chowder goes great with fresh bread or buns.*

