

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

Tasty Recipes

Celebrity Chefs - The Pulse Specialists

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 are featuring recipes from the pulse specialists at the Saskatchewan Ministry of Agriculture. Dale Risula, Provincial Specialist, Specialty Crops shares his Lentil Salad recipe, packed with heart healthy vegetables and nutritious red lentils. Faye Dokken-Bouchard, Provincial Specialist, Plant Disease shares her

delicious Gluten Free Chocolate Cake recipe, a must try if you are looking for new dessert ideas! Finally, Scott Hartley, Provincial Specialist, Insect control gives your taste buds a whirl with his Chana Dal, a hot chickpea recipe.

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

Happy Cooking!



Lentil Salad

by Dale Risula

1 ½ cups (375 mL) red lentils, cooked
½ cup (125 mL) cucumbers, diced
½ cup (125 mL) celery, diced

½ cup (125 mL) green pepper, diced
½ cup (125 mL) red pepper, diced
½ cup (125 mL) red onion, diced
½ cup (125 mL) feta cheese (or mozzarella)
2 tbsp. (30 mL) fresh dill
¼ cup (60 mL) lemon juice (adjust to taste)
1 tbsp. (15 mL) olive oil (adjust to taste)

Toss all ingredients together. Refrigerate before serving.

Comments: A real nice light snack but with plenty of octane! This is an excellent tasting salad and is easy to make and healthy too! It is great for anyone who is active in sports.

Gluten-Free Chocolate Cake

by Faye Dokken-Bouchard



1 19 oz. (540 mL) can of unseasoned black beans, rinsed and drained
1 tbsp. (15 mL) water
5 large eggs
6 tbsp. (90 mL) butter or canola oil
1 cup (250 mL) sugar or substitute sweetener

1 tbsp. (15 mL) vanilla
6 tbsp. (90 mL) unsweetened cocoa powder
½ tsp. (2.5 mL) salt

1 tsp. (5 mL) baking powder
½ tsp. (2.5 mL) baking soda

Preheat oven to 325°F. Grease 9" cake pan and line with parchment paper. Blend beans with water and three of the eggs in a food processor or blender until liquefied. Mix butter, sugar, vanilla, and remaining two eggs and beat until light and fluffy. Combine with liquefied bean batter. Mix remaining dry ingredients separately and add slowly to batter, mixing until smooth. Scrape batter into pan and bake for 40 to 45 minutes, or until the top is rounded and firm to the touch and a toothpick comes out clean.

Comments: Don't knock it 'til you try it! This flourless cake is moist and delicious and suitable for the health-conscious and sweet-tooth alike.

Hot Chickpea (Chana Dal)

by Scott Hartley



4 tbsp. (60 mL) vegetable oil
¼ tsp. (1 mL) black mustard seeds
10 fenugreek seeds
¼ tsp. (1 mL) whole cumin seeds or ½ tsp. (2.5 mL) ground cumin
2 fresh green chillies, chopped

1 medium sized onion, peeled and chopped

Fresh ginger, peeled and grated
1 19 oz. (540 mL) can chickpeas, rinsed and drained

4 potatoes, chopped into ½ inch cubes and boiled

1 tsp. (5 mL) salt

Fresh ground pepper to taste

2 tbsp. (30 mL) lemon juice

¼ tsp. (1 mL) cayenne pepper (optional)

In a frying pan heat the oil over medium to high heat. When hot, add the mustard and fenugreek seeds and cumin (seeds or powder). When the seeds darken and the mustards seeds pop, add the fresh green chillies. Turn over once and immediately add the chopped onion and grated ginger. Stir fry for four to five minutes. Put in all the remaining ingredients – chickpeas, diced potatoes, salt, pepper, lemon juice and, if using, cayenne pepper. Mix well cooking over medium heat for five minutes, stirring gently.

*This recipe has been adapted from *An Invitation to Indian Cooking* by Madhur Jaffrey.

Comments: Aside from my family's traditional yellow curried shrimp I knew as a child, my wife and I were introduced to real Indian cooking in Africa from a neighbour and an incredible cook. This recipe is from a book that has been a vital part of our recipe collection ever since.

