

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

Tasty Recipes

Celebrity Chefs - The Real Celebrity Chefs

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 real Celebrity Chefs! These are local Chefs across Saskatchewan who regularly use Saskatchewan produced foods in their dishes and love to promote pulses. We have an excellent Cracked Wheat Pilaf recipe from Chef Rob Fuller, a true genius with food presentation and taste who operates OATstanding Bakery in Regina. We also have a tasty

Red Lentil Ragout recipe from Chef Moe Mathieu, Chef Instructor at SIAST Kelsey Campus and the Chef representing Saskatchewan at the Canadian Chef Congress 2010. Finally, from Birch Hills Saskatchewan, we have a recipe from the local kitchen at New Ground Café where Jennifer Willems is cooking up Field Pea Hummus.

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!



Cracked Wheat Pilaf by Rob Fuller

2 cups (500 mL) chicken or vegetable stock
1 red pepper, diced medium size
1 zucchini, diced medium size

1 small onion, diced small size
½ cup (125 mL) finely chopped leek
3 gloves garlic, crushed
3 tbsp. (45 mL) butter
1 ½ cups (375 mL) bulghur wheat
1 sprig of rosemary or thyme
½ cup (125 mL) dry white wine
2 tsp. (10 mL) salt
¼ cup (55 mL) parsley, chopped
¼ cup (55 mL) olive oil
½ cup (125 mL) canned chickpeas, rinsed and drained

Heat stock until warm. Set aside. Dice the red pepper, zucchini, onion and leek. Heat butter in medium pan. Add onions, leeks and crushed garlic and stir on medium heat until onions are transparent. Add bulghur wheat and rosemary/thyme. Stir for two to three minutes until the grains are coated with butter. Add the red pepper and zucchini and cook for three to four minutes. Add the dry white wine. Cook until the wine is absorbed. Add the stock and salt. Bring to a boil, stir, and cover with a lid. Reduce heat to low and cook for 25 minutes, covered. Uncover and check for tenderness. If the bulghur wheat is not tender, cook for an additional five to six minutes. Fluff with a fork and add parsley, olive oil and chickpeas.

Comments: A great recipe using Saskatchewan ingredients.



Field Pea Hummus by Jennifer Willems

4 cups (1L) whole dried yellow field peas
½ cup (125 mL) tahini sesame paste, (available in ethnic section of most supermarkets)

¼ cup (50 mL) canola oil
1 tbsp. (15 mL) each sea salt and cumin
Juice and zest of four large lemons
A few dashes of cayenne pepper
1 cup (250 mL) to 3 cups (750 mL) reserved cooking liquid

Soak peas overnight or at least eight hours. Drain water and place peas in large pot with enough water to amply cover, about 12 cups (3 L). Bring to a boil, then reduce heat to medium and cook until peas are tender, about 45 minutes. Drain peas through colander into a large bowl, saving the cooking liquid. It is full of nutrients and will help in the blending process. Add remaining ingredients, stirring well to coat. In a blender or food processor, start pureeing the peas in batches, using enough cooking liquid to create a consistency that drops, not slithers off a spoon. Some whole peas/lumps are just fine! Taste frequently and adjust seasoning as desired. Sometimes I add chopped sundried tomatoes or roasted red peppers.

Serve with toasted pita chips and julienned veggies.

Comments: I like using field peas because they give the dip a mild but unique flavour and also because I recently traded a farmer lunches for 50 lbs of peas! For those with allergies, an equal amount of canola oil can be substituted for the tahini.



Red Lentil Ragout by Moe Mathieu

2 cups (500 mL) split red lentils
5 cups (1.18 L) turkey stock
1 cup (250 mL) carrot, diced large size
1 cup (250 mL) yams,

diced large size
½ cup (125 mL) onions, diced large size
Salt to taste
Pepper to taste
3 chive strands
1 tbsp. (15 mL) butter

Cook lentils in 4 cups (1L) of turkey stock for 10 minutes at medium-high heat. Add carrots, yams, and onions to the lentil pot and cook until all vegetables and lentils are cooked through. Strain off any leftover liquid. Season with salt and pepper to taste and at this point you can add the chives and butter.

Comments: I usually make this into a puree to accent other foods as it has a great orange color and simple but elegant flavour.

