

From our kitchen to
yours, celebrity chefs
share their favourite
pulse recipes.

Celebrity Chefs – Those Who Know Pulses Best

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 home cooking harvest recipes from those who know pulses best. Maurice Berry, Chair of the Saskatchewan Pulse Growers highly recommends his maple baked beans recipe, a perfect side dish for your Thanksgiving dinner. Former Canadian Special

Crops Association Chair Murad Al-Katib provides us with his family's favourite spicy lentil soup recipe and Pulse Canada CEO, Gordon Bacon shares with us his recipe for hummus dip and spread, a perfect appetizer for the Grey Cup!

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

Happy Cooking!

Maple Baked Beans



4 cups (1 L) dried white beans
1/2 cup (125 mL) chili sauce
1 cup (250 mL) maple syrup
1 tbsp. (15 mL) dry mustard
1 tbsp. (15 mL) salt
1 medium onion, diced
4 strips bacon, chopped

Rinse beans and soak in water overnight. Drain beans and place in a Dutch oven, add water to cover beans. Cover pot, bring to a boil and remove from heat. Let stand for one hour. Mix in remaining ingredients. Pour into a baking dish and cook for four hours at 300°F (150°C). Add more water if necessary.

Comments: *This goes great with hot dogs cooked on an outdoor fire!*

Spicy Red Split Lentil Soup



2 tsp. (10 mL) olive oil
2 onions, chopped
3 cloves garlic, minced
2 tsp. (10 mL) ground cumin
1/4 tsp. (1 mL) cayenne pepper
2 tbsp. (30 mL) all purpose flour

7 cups (2 L) chicken broth
1 1/2 cups (375 mL) dry red split lentils, rinsed

2 tbsp. (30 mL) tomato paste
1 1/2 cups (375 mL) milk or cream
Salt and pepper to taste
Cilantro (optional)

Heat oil in large saucepan over medium-high heat. Cook onions and garlic for about two minutes or until softened. Stir in cumin and cayenne. Mix in flour until combined, adding in broth, lentils and tomato paste. Cover and bring to a boil, stirring occasionally. Reduce heat and simmer 25 to 30 minutes or until lentils are tender. Puree mixture in batches in a blender until smooth. Gradually stir in milk, salt and pepper. Gently re-heat over medium-low, just heating through, taking care not to boil. Garnish with cilantro if desired.

Comments: *This recipe is a favourite in our household. Popular among our kids, family, friends and a real hit with our international buyers who visit Saskatchewan.*

Hummus Dip and Spread



1 15 oz. (450 mL) can chickpeas, rinsed and drained to lower the salt content by 50 per cent

* You can also experiment and try it with a can of black beans or lentils, rinsed and drained

4 tbsp. (60 mL) peanut butter (you can also use tahini, a sesame seed paste)
2 tbsp. (30 mL) canola oil
3 tbsp. (45 mL) lemon juice
1 clove garlic, crushed
Warm water - add 1 tbsp. (15 mL) at a time to get desired thickness in hummus

Place chickpeas, peanut butter (or tahini paste), canola oil, lemon juice and crushed garlic into a blender or food processor. Turn it on until the mixture is creamy. Add water (1 tbsp./15 mL) at a time if the dip is too thick. You can more or less of the garlic and lemon juice to suit your taste. Try cumin, or fresh parsley or coriander for a different taste.

Comments: *This can be used as a dip with fresh vegetables, pita bread, crackers or chips or even spread it on a bun and top it with a burger. Check out the Pulse Canada web site at www.pulsecanada.com for more pulse recipes.*