

# Celebrity Chefs



## **S** in brief

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

## 'Tis the Season for Entertaining

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 *Celebrating 25 Years* of Saskatchewan Pulse Growers (SPG) by recognizing three important contributors to the Saskatchewan pulse industry. All three of our Celebrity Chefs have been recognized for their efforts and dedication to the pulse industry as Pulse Promoter of the Year Award recipients. These three innovators of the pulse industry bring you recipes that are perfect for holiday entertaining.

Rick Holm, former Managing Director of the Crop Development Centre and Pulse Promoter recipient in 2006 shares with us his Mixed Slaw with Apples and Lentils recipe, a perfect addition to your Christmas dinner. Germain Dauk, a past Director with SPG and Pulse Promoter recipient in 2007 warms things up with his homemade Lentil Spaghetti Sauce. Finally, Don Tait, Pulse Promoter recipient in 1995 and founding Director of the Saskatchewan Pulse Crop Growers Association shares with us his Lentil Shepherd's Pie recipe, a perfect winter dish for your holiday guests.

Try all three and let us know which one your family likes best. Would you like to add more pulses into your meal plans? Sign up NOW to receive our monthly pulse recipe. Just 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! **S**

### Mixed Slaw with Apples and Lentils

Rick Holm



4 cups (1 L) shredded cabbage (mixture of red and green)  
1 cup (250 mL) cooked or canned lentils (rinsed)  
½ cup (125 mL) carrot, grated  
½ cup (125 mL) celery, chopped  
2 green onions, chopped  
1 unpeeled red apple, diced  
2 tbsp. (30 mL) raisins  
3 tbsp. (45 mL) cider vinegar  
1 tbsp. (15 mL) lemon juice  
1 tbsp. (15 mL) vegetable oil  
1 tbsp. (15 mL) sugar  
½ tsp. (2 mL) salt

In a large bowl combine cabbage, lentils, carrot, celery, green onions, apple and raisins. Whisk together cider vinegar, lemon juice, vegetable oil, sugar and salt. Pour over salad and mix well. Chill for at least two hours. Makes 4 to 6 servings.

**Comments from Rick:** This red and green dish will make a colourful and great tasting addition to your Christmas dinner.

### Lentil Spaghetti Sauce

Germain Dauk



2 cups (500 mL) large green lentils  
3 cups (750 mL) water  
1½ tbsp. (22.5 mL) vegetable oil  
3 garlic cloves, crushed  
1 green onion, chopped  
1 medium yellow onion, chopped  
½ cup (125 mL) tomato paste  
1 bay leaf  
¼ tsp. (1 mL) oregano  
½ tsp. (2 mL) basil  
⅛ tsp. (0.5 mL) marjoram

Combine lentils and water and simmer for approximately 40 minutes. Heat oil in a saucepan. Add garlic, green onion, yellow onion, tomato paste, bay leaf, oregano, basil and marjoram. Add cooked lentils and simmer uncovered for 30-60 minutes. You may need to add more water as the sauce simmers. Remove bay leaf and put in portions through a food processor. Serve with your favourite pasta while warm.

**Comments from Germain:** This spaghetti sauce tastes great. It is difficult to tell the difference from a meat sauce.

### Lentil Shepherd's Pie

Don Tait



1 cup (250 mL) dry green lentils  
4 tbsp. (60 mL) butter  
2 large onions, chopped  
1 clove garlic, crushed  
1 15 oz. can tomatoes, diced  
2 tbsp. (30 mL) soya sauce  
3 tbsp. (45 mL) parsley, chopped  
Salt and pepper to taste  
1.5 lbs potatoes, cooked and then mashed

Put lentils into a large saucepan, cover with water and boil gently until tender (about 45 minutes). Drain. For canned lentils, drain and rinse. Preheat oven to 400°C. Use half the butter to grease a shallow ovenproof dish. Sauté onion in the remaining butter in a large saucepan until translucent. Add garlic, tomatoes, soya sauce, parsley and salt and pepper. Add lentils. Spoon mixture into the dish. Spread mashed potatoes evenly over the top. Drag tongs of a fork over the surface to make ridges. Dot the whole surface with butter. Bake for 45 minutes, until the potato topping is golden brown.

**Comments from Don:** This can be made ahead and cooked up just before serving at Christmas. This dish also freezes well for last minute company.