

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

Celebrity Chefs - In the Media

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 those who we hear from daily – the agriculture media. Western Producer reporter Sean Pratt shares with us his Slow Cooker Split Pea Soup recipe that is sure to warm you up this winter. CJWW's *Let's Talk Ag* host Neil Billinger shares with us his Chickpea and Feta Salad recipe, a

favourite at their staff potlucks. Finally, Grainews editor Jay Whetter shares with us one of his favourites, an Israeli Couscous Salad which combines Saskatchewan grown lentils and couscous for a nice light addition to your Christmas supper.

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!

Slow Cooker Split Pea Soup

by Sean Pratt

2 cups (500 mL) dried split green peas
½ cup (125 mL) cooked ham, chopped
1 medium carrot, diced
½ cup (125 mL) diced celery
1 cup (250 mL) finely chopped onion

½ tsp. (2 mL) salt
¼ tsp. (1 mL) pepper
1 tbsp. (15 mL) chopped parsley
1 tbsp. (15 mL) chicken bouillon powder
¼ tsp. (1 mL) ground thyme
6 cups (1.5 L) water

Combine all ingredients in a 3.5 litre slow-cooker. Stir. Cook on low for eight to 10 hours, or on high for four to five hours. Thin with water if necessary.

Comments: Warm and hearty for a cold winter evening.

Chickpea and Feta Salad

by Neil Billinger

2 (19 oz.) cans chickpeas, drained and rinsed
2 large fresh ripe tomatoes, diced ½ inch
6 oz. feta cheese, diced ½"
3 green onions sliced thin

6 Kalamata olives, pitted and quartered
2 tbsp. (30 mL) chopped parsley
¼ cup (50 mL) olive oil
1 tbsp. (15 mL) red wine vinegar or more to taste
1 tsp. (5 mL) oregano, fresh if possible
½ tsp. (2 mL) fresh ground pepper or more to taste

Combine chickpeas, tomatoes, feta, onions, olives and parsley. Then whisk together oil, red wine vinegar, oregano, and pepper. Pour over salad and toss gently. Serve at room temperature. Serves six.

Comments: Here's a dish that's great for potlucks. It's a favourite of everyone at CJWW!!

Israeli Couscous Salad

by Jay Whetter

½ cup (125 mL) pine nuts
½ cup (125 mL) small green lentils
18 cups (4.25 L) water
2 ½ tsp. (12 mL) salt
1 ½ cups (375 mL) couscous

1 cinnamon stick
2 tbsp. (30 mL) olive oil
1 tsp. (5 mL) lemon zest

3 tbsp. (45 mL) lemon juice
½ cup (125 mL) red pepper, diced
¼ cup (50 mL) dates, chopped

1 tbsp. (15 mL) fresh mint, minced
Pepper to taste

Toast the pine nuts in an ungreased baking dish at 350°C until golden brown, approximately three to five minutes. Place lentils and two cups of water and ½ tsp (2 mL) of salt in a saucepan. Bring to a boil, cover and reduce heat and simmer until lentils are tender, about 20 minutes. Drain and set aside. Boil the remaining water and once boiling; add couscous, cinnamon and 2 tsp (10 mL) of salt. Cover and return to a boil. Remove lid and cook eight to 10 minutes. Drain and rinse with cold water. Remove cinnamon stick. Toss the remaining ingredients in a bowl (except the pine nuts) and let sit for 30 minutes. When ready to serve sprinkle with pine nuts and serve with lemon wedges.

Comments: I found this really good green lentil and couscous salad online at www.theveggietable.com. You can buy couscous in a box at any local grocery store.

