

Celebrity Chefs



IN BRIEF

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

Recipes from the Legislature

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 pulse recipes from the Saskatchewan Legislature. Our own Premier Brad Wall provides his Mediterranean Chickpea Salad recipe, a healthy addition to any barbecue and Deputy Minister of Agriculture Alana Koch provides her Mom's Lentil Soup recipe, a family favourite.

Try all three and let us know which one your family likes best or if you have a favourite pulse recipe to share with our readers, send it via email to pulse@saskpulse.com or fax it to 306-668-5557, along with your contact information.

Happy Cooking! 

Mediterranean Chickpea Salad

Brad Wall



- 1 15 oz. can of chickpeas, drained and rinsed (Saskatchewan-grown is best)
- 1 cucumber, peeled and finely chopped
- 1 cup (250 mL) grape tomatoes, halved
- ¼ cup (60 mL) sweet onion, finely chopped (optional)
- 1 tbsp. (15 mL) minced garlic
- ½ tsp. (2 mL) dried parsley flakes
- ¼ tsp. (1 mL) dried basil
- 1 tbsp. (15 mL) grated parmesan cheese
- 1 tbsp. (15 mL) olive oil
- 3 tbsp. (45 mL) balsamic vinegar
- ¼ tsp. (1 mL) salt

In a large bowl, toss together chickpeas, cucumber, tomatoes, onion, garlic, parsley flakes, dried basil, and parmesan cheese. Drizzle with olive oil and balsamic vinegar, and season to taste with salt. Toss until well combined, and adjust seasoning as needed. Cover and refrigerate for at least 45 minutes before serving. Serve chilled.

Comments from Brad: This cool salad serves four and takes about twenty minutes to prepare. It is perfect for serving at any family supper.

Mom's Lentil Soup

Alana Koch



- 3 cups (750 mL) lentils, washed
- 5 cups (1.5 L) water
- 1 large onion, diced
- 1 ham bone, with some meat on it
- ½ tsp. (5 mL) pepper
- 1 large bay leaf
- 1 garlic clove, finely diced
- 2 large carrots, thinly sliced
- 1 cup (250 mL) celery, diced

Place lentils, water, onion, ham bone, pepper, bay leaf, and garlic into a large soup pot. Bring to a boil; turn to medium low and simmer for two hours. Remove bone from pot and cut off meat into small serving pieces. Taste the broth to see if any salt needs to be added (though unlikely due to the salt from the ham). Put meat pieces into soup pot. Add carrots and celery. Simmer for two more hours. May need to add water as lentils will thicken the broth. Serve with cornmeal muffins or cake. At serving time, add a drop of vinegar and a dollop of sour cream to each bowl of soup.

Comments from Alana: This is my mom's recipe made with lentils my dad grew on our farm. I'm proud to say that my dad was one of the early growers of lentils in Saskatchewan. I recall my mom serving up this hearty soup on cold winter days along with my all-time favourite, cornmeal Johnny cake!