



VOLUME 10 | WINE PAIRING ISSUE

LENTILS

for every

SEASON

special
ISSUE

What's Inside

RAW OYSTERS WITH MANGO
& LENTIL PEARLS **PG 2**

GARLICKY LENTIL
RAGÙ **PG 12**

MIDNIGHT COCONUT
LENTIL FUDGE **PG 21**

table of CONTENTS



PG1



PG4



PG6



PG12



PG16



PG19



BREAKFAST

Savoury Stuffed Toast with Gruyere, Sundried Tomatoes & Lentils 1



APPETIZERS

Raw Oysters with Mango & Lentil Pearls 2

Ginger Ricotta Naan Toasts with Balsamic Figs & Lentils 3

Smoked Salmon Rosettes with Dill Lentil Cream on Crispy Wontons 4

Lentil Spanakopita Triangles 5



SALADS

Avocado Lentil Salad with Strawberry Chipotle Vinaigrette 6

Warm Cocoa Chili Lentil Salad with Pomegranate Gems 7

Sesame-Ginger Marinated Lentils & Green Bean Salad 8



SOUPS & SIDES

Cherry Beet Soup with Red Lentils & Anise 9

Grilled Asparagus with Lentils & Crushed Macadamias 10

Roasted Cauliflower & Radicchio with Truffled Lentils 11

Garlicky Lentil Ragù 12



MAIN COURSE

Espresso Marinated Lamb Chops with Smoky Lentils 14

Marsala Chicken & Lentils 15

Coconut Saffron Scallops on a Bed of Lentils & Couscous 16



DESSERT

Lemon Poppy Seed Biscotti 18

Honey Lentil Panna Cotta with Berries & Balsamic 19

Cloud 9 with Mascarpone, Chocolate & Cherries 20

Midnight Coconut Lentil Fudge 21



Savoury Stuffed Toast with Gruyere, Sundried Tomatoes & Lentils



SERVINGS 4



PREP TIME 5 minutes



TOTAL TIME 15 minutes

WHAT YOU NEED

- 4 slices of ham
- $\frac{3}{4}$ cup (175 mL) cooked French green lentils
- 1 Tbsp (15 mL) chopped fresh basil
- 1 Tbsp (15 mL) minced sundried tomatoes, packed in oil
- $\frac{3}{4}$ cup (175 mL) finely grated Gruyere cheese
- 8 salt and ground black pepper, to taste
- 8 slices of sourdough bread (medium thickness)

Egg Dip

- 5 whole medium eggs
- dash salt and ground black pepper
- 1 Tbsp (15mL) unsalted butter
- maple syrup, for drizzling (optional)
- chopped fresh basil, for garnish (optional)

MAKE IT

1 PREHEAT the oven to 350°F (180°C). **2 HEAT** a large sauté pan and brown the ham slices on both sides. Remove from the stove and reserve. **3 MIX** the cooked lentils, basil, and sundried tomatoes together in a medium bowl. Toss in the grated Gruyere cheese and season to taste with salt and pepper. **4 CREATE** an assembly line with four slices of bread. Layer a slice of ham on each piece of bread and then distribute the prepared lentil filling on top. Gently press the filling down, making sure it stays within the confines of the crust. Take the other four bread slices and place them on top of each of the prepared slices. Press together firmly. **5 WHISK** the eggs and season with salt and pepper. Reheat the large sauté pan on a medium heat and melt the butter. Carefully dip each side of the sandwich into the egg mixture, lightly coating the outside. Place in the sauté pan immediately and repeat until the pan is full. Cook until golden on both sides, approximately 3 minutes per side, watching to make sure they do not become too dark. Place the pan in the oven to heat the stuffed toast until cheese has melted, about 3-5 minutes. If the sauté pan is not oven proof or if the butter is beginning to smoke, use a parchment lined baking tray. **6 ONCE** ready, remove from the pan, slice in half, and if desired, drizzle maple syrup on each and garnish with fresh chopped basil. Serve immediately.

Nutritional Information **SERVING SIZE** 1 sandwich

Calories 660, Total Fat 21 g, Saturated Fat 9 g, Cholesterol 290 mg, Carbohydrates 74 g, Fibre 3 g, Sugars 4 g, Protein 41 g, Sodium 1790 mg, Potassium 459 mg, Folate 223 mcg

the
perfect
pairing

Mimosa

(1:1 ratio of Prosecco,
and Orange Juice)

Raw Oysters with Mango & Lentil Pearls



SERVINGS 12 dressed oysters



PREP TIME 10 minutes



TOTAL TIME 10 minutes

WHAT YOU NEED

- ¼ cup** (60 mL) red wine vinegar
- ½ tsp** (0.5 mL) granulated sugar
- ¼ tsp** (1 mL) finely grated fresh ginger
- ½ cup** (125 mL) cooked black (Beluga) lentils
- 3 Tbsp** (45 mL) finely diced mango (same size of the lentil if possible)
- 1 tsp** (5 mL) fresh chopped cilantro
- dash** salt
- 12** fresh Malpeque Bay oysters, or your favourite shucking oyster

MAKE IT

1 COMBINE the vinegar and sugar in a bowl and stir until the sugar is dissolved. Add the ginger, cooked beluga lentils, mango, and cilantro. Add a touch of salt. Cover the mixture with saran wrap and set aside in the fridge, allowing the flavours to combine for at least 30 minutes.

2 SHUCK the oysters carefully, discarding the top part of the shell. Keep as much of the liquid ("brine") from the oyster in the bottom shell as possible. The liquid has a lot of flavour. The bottom shell will be the serving vessel so make sure you cut the abductor muscle, which is underneath the flesh of the oyster and lines the shell. This is the muscle that connects the oyster to the shell. Place the shucked oysters on a serving platter.

3 SPOON a small amount of the lentil mango garnish onto each of the oysters and serve immediately. Put the extra filling in a small bowl with a spoon and place it the centre of the serving plate for extra garnish.

Nutritional Information **SERVING SIZE** 1 oyster

Calories 20, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 5 mg, Carbohydrates 3 g, Fibre 1 g, Sugars 1 g, Protein 2 g, Sodium 60 mg, Potassium 53 mg, Folate 16 mcg

TIP: Line the plate with coarse kosher salt to prevent the oysters from moving around and to keep them upright.

the
perfect
pairing

Sauvignon Blanc

Ginger Ricotta Naan Toasts with Balsamic Figs & Lentils



SERVINGS 16 pieces



PREP TIME 10 minutes



TOTAL TIME 25 minutes

WHAT YOU NEED

- 2 naan flatbreads
- 1 Tbsp (15 mL) canola oil
- salt and ground black pepper, as needed for sprinkling
- 1 cup (250 mL) baby arugula

Figs & Lentils

- ¾ cup (175 mL) dried figs, hard stems removed
- 1 Tbsp (15 mL) unsalted butter
- 3 Tbsp (45 mL) minced shallots or red onion
- ¼ tsp (1 mL) freshly ground black pepper
- 1 tsp (5 mL) chopped fresh thyme
- ¼ cup (60 mL) balsamic vinegar
- ¾ cup (175 mL) cooked green lentils

Ricotta

- ¾ cup (175 mL) ricotta cheese
- 1 tsp (5 mL) chopped fresh thyme plus more for garnish
- 1 tsp (5 mL) grated fresh ginger
- salt, to taste

MAKE IT

1 **PREHEAT** the oven to 350°F (180°C). 2 **LIGHTLY** brush the naan flatbreads with canola oil and season with salt and pepper. Cut each naan into 8 pieces. Place the pieces onto a tray and bake in the oven for 8-10 minutes, or until the pieces are lightly toasted. Remove from the oven and place on a cooling rack and reserve. 3 **BRING** 2 cups (500 mL) of water to a boil. Pour over the dried figs and allow them to soften for 5 minutes. Drain the water completely and chop the softened figs into small pieces and set aside. 4 **MELT** the butter in a medium pan, add the shallots and sauté until soft. Add the chopped figs, pepper, and thyme. Sauté until lightly golden, then deglaze with balsamic vinegar and simmer until reduced. Add the cooked lentils and heat through. 5 **COMBINE** the ricotta cheese in a small bowl with thyme and ginger, then season with salt. 6 **ASSEMBLE:** lay a dollop of the ricotta mixture on top of each piece of naan, spreading the mixture out so that it nearly touches the edges. Lay a few leaves of arugula on top of the ricotta. Add a spoonful of the lentil and fig mixture and garnish each piece with fresh thyme leaves. Serve immediately.

Nutritional Information **SERVING SIZE** 1 piece

Calories 90, Total Fat 3 g, Saturated Fat 1 g, Cholesterol 5 mg, Carbohydrates 13 g, Fibre 2 g, Sugars 4 g, Protein 3 g, Sodium 160 mg, Potassium 108 mg, Folate 21 mcg

the
perfect
pairing

Sparkling Rose

TIP: Can't find naan bread?
You can substitute it with
pita bread or crackers.

Smoked Salmon Rosettes with Dill Lentil Cream on Crispy Wontons



SERVINGS 20 pieces



PREP TIME 15 minutes



TOTAL TIME 20 minutes

WHAT YOU NEED

- 1 cup (250 mL) canola oil
- 5 wonton squares (3½ x 3½ inches/9 x 9 cm), cut on a diagonal into 4 bite-size pieces
- ¼ tsp (1 mL) salt
- ⅓ cup (75 mL) 14% sour cream
- 2 Tbsp (30 mL) cream cheese, room temperature
- 1 Tbsp (15 mL) lemon juice
- 1 tsp (5 mL) fresh lemon zest
- 1 Tbsp (15 mL) chopped fresh dill
- 1 cup (250 mL) cooked green or black (Beluga) lentils
- 20 salt and ground black pepper, to taste
- 20 slices smoked salmon

Garnish

- 1 Tbsp (15 mL) chopped fresh dill
- 20 capers

MAKE IT

1 FOR the wonton base: In a skillet, heat canola oil to 375°F (190°C). Fry each wonton wrapper in a single layer, a few at a time, flipping over until golden on both sides. Remove with a slotted spoon and transfer to a paper towel to remove excess oil. Lightly season with a touch of salt and reserve. **2 IN** a small bowl, mix the sour cream with cream cheese until smooth. Add the lemon juice, zest, and dill. Pat cooked lentils with a paper towel to remove excess liquid and add them to the sour cream mixture. Season to taste with salt and pepper and reserve. **3 CREATE** a bite size salmon rosette by rolling a slice of smoked salmon tightly on one side and loosely on the other. Fan out the loose side so that it resembles a flower bud, creating a small space in the centre of the rosette. Repeat this with all of the salmon slices. **4 PLACE** a dollop of the lentil mixture onto each of the wontons and top with the salmon rosettes. Garnish each with fresh dill and a caper or two. Serve immediately.

Nutritional Information **SERVING SIZE** 1 piece

Calories 60, Total Fat 4 g, Saturated Fat 1 g, Cholesterol 5 mg, Carbohydrates 3 g, Fibre 1 g, Sugars 0 g, Protein 3 g, Sodium 135 mg, Potassium 54 mg, Folate 20 mcg

Lentil Spanakopita Triangles



SERVINGS 2 dozen triangles



PREP TIME 20 minutes



TOTAL TIME 1 hour

WHAT YOU NEED

- 1 Tbsp (15 mL) canola oil
- 1 Tbsp (15 mL) butter
- 1 small onion, finely chopped
- 2 garlic cloves, crushed
- 3 cups (750 mL) fresh spinach or baby chard, torn or roughly chopped (remove stems)
- ½ cup (125 mL) cooked or canned green lentils, drained and rinsed
- ¾ cup (175 mL) crumbled feta
- 1 large egg
- 2 Tbsp (30 mL) chopped fresh mint (optional)
- salt and ground black pepper, to taste
- 1 pkg phyllo pastry, thawed (about 12 sheets)
- ½ cup (75 mL) canola oil or melted butter

MAKE IT

1 PREHEAT the oven to 375°F (190°C). **2 HEAT** the oil and butter in a large skillet set over medium-high heat. When the foam subsides, add the onion and cook for 4-5 minutes, until soft. Add the garlic and cook for another minute. **3 ADD** the spinach and cook until it wilts, and any excess moisture has evaporated. Transfer to a bowl and cool slightly before stirring in the lentils, feta, egg, and mint. Season with salt and pepper. **4 WHEN** you're ready to assemble the triangles, gently unroll the phyllo and remove two sheets. Place them on a clean, dry work surface and cover the remaining sheets with a slightly damp tea towel or plastic wrap. **5 FOLD** half of the top sheet back and brush the bottom sheet underneath it with canola oil or melted butter; return the top sheet and repeat on the other side, this makes it easier to keep them lined up). **6 CUT** the sheets lengthwise into quarters. Place a spoonful of filling at one end of each strip and fold the corner over it diagonally. Continue folding the strip as if you were folding a flag, maintaining the triangle shape. **7 REPEAT** with the remaining phyllo and filling, placing the packets seam side down on a parchment-lined baking sheet. Brush the tops with canola oil or melted butter and bake for 20 minutes, or until golden.

Nutritional Information **SERVING SIZE** 1 triangle

Calories 110, Total Fat 6 g, Saturated Fat 1.5 g, Cholesterol 15 mg, Carbohydrates 10 g, Fibre 1 g, Sugars 0 g, Protein 3 g, Sodium 160 mg, Potassium 60 mg, Folate 32 mcg

the
perfect
pairing

Pinot Noir

the
perfect
pairing

Prosecco

Avocado Lentil Salad with Strawberry Chipotle Vinaigrette



SERVINGS 6



PREP TIME 15 minutes



TOTAL TIME 15 minutes

WHAT YOU NEED

Vinaigrette

- ½ cup** (125 mL) cleaned and halved fresh strawberries
- 3 Tbsp** (45 mL) cider vinegar
- 1 Tbsp** (15 mL) honey
- 1 tsp** (5 mL) minced chipotle pepper packed in adobo sauce
- 2 tsp** (10 mL) lemon juice
- ½ tsp** (2 mL) whole grain mustard
- 1 Tbsp** (15 mL) olive oil
- salt and ground black pepper, to taste

Salad Base

- 1 cup** (250 mL) cooked or canned green lentils, drained and rinsed
- 3 cups** (750 mL) baby arugula
- 1½ cups** (375 mL) cleaned and quartered fresh strawberries
- 1** large ripe avocado, peeled and medium dice
- 1 Tbsp** (15 mL) chopped fresh cilantro (reserve some for garnish)
- ½ cup** (75 mL) toasted slivered almonds (reserve some for garnish)

MAKE IT

1 FOR the vinaigrette: In the bowl of a food processor or blender, combine strawberries, cider vinegar, honey, chipotle pepper, lemon juice, mustard, and olive oil. Puree until velvety and smooth. Season with salt and pepper. Reserve. **2 FOR** the salad: In a small bowl mix half of the prepared dressing with the cooked lentils. **3 TOSS** the dressed lentils with arugula, strawberries, avocado, cilantro, and almonds. **4 DRIZZLE** with a little more vinaigrette and top with toasted almonds and cilantro. Serve immediately.

Nutritional Information **SERVING SIZE** ⅔ cup

Calories 180, Total Fat 10 g, Saturated Fat 1 g, Cholesterol 0 mg, Carbohydrates 18 g, Fibre 5 g, Sugars 7 g, Protein 6 g, Sodium 130 mg, Potassium 368 mg, Folate 83 mcg

Warm Cocoa Chili Lentil Salad with Pomegranate Gems



SERVINGS 4



PREP TIME 5 minutes



TOTAL TIME 10 minutes

WHAT YOU NEED

Salad Base

- 4 cups (1L) thinly sliced baby spinach leaves
- 1 cup (250 mL) thinly sliced radicchio
- 1 cup (250 mL) pomegranate seeds
(reserve some for garnish)
- 3 Tbsp (45 mL) red wine vinegar
- 2 tsp (10 mL) honey
- ½ tsp (2 mL) whole grain mustard
- 1 Tbsp (15 mL) canola oil
- salt and ground black pepper, to taste

Cocoa Chili Lentils

- 1 Tbsp (15 mL) canola oil
- ¾ cup (175 mL) minced red onion
- 2 tsp (10 mL) dark cocoa powder
- 1 tsp (5 mL) ground chili powder
- 2 Tbsp (30 mL) red wine vinegar
- 1 Tbsp (15 mL) honey
- 1 cup (250 mL) cooked black (Beluga) lentils
- salt and ground black pepper, to taste

MAKE IT

1 FOR the salad: In a large bowl, toss the spinach, radicchio, and pomegranate seeds together. In a small bowl, whisk the vinegar, honey, mustard, and canola oil together. Lightly season with salt and pepper. Toss the vinaigrette with the spinach mixture so that the greens are lightly coated. **2 FOR** the cocoa chili lentils: In a medium size pan, sauté the onions in canola oil until soft. Stir in the cocoa and chili powder and cook for 1 minute, stirring constantly. Deglaze the pan with the vinegar and add the honey. Toss in the cooked lentils and heat thoroughly. Season with salt and pepper. Cool the mixture for approximately 2 minutes. **3 TOSS** the warm lentil mixture with the salad. Portion and garnish with pomegranate seeds.

Nutritional Information **SERVING SIZE** 1 cup (250 mL)

Calories 220, Total Fat 8 g, Saturated Fat 0.5 g, Cholesterol 0 mg, Carbohydrates 33 g, Fibre 8 g, Sugars 15 g, Protein 6 g, Sodium 360 mg, Potassium 363 mg, Folate 118 mcg

the
perfect
pairing

Zinfandel

Sesame-Ginger Marinated Lentils & Green Bean Salad



SERVINGS 4



PREP TIME 15 minutes



TOTAL TIME 50 minutes

WHAT YOU NEED

- ½ cup** (125 mL) green, French green, or black (Beluga) lentils
- 1 lb** (500 grams) fresh green beans, washed and trimmed
- ¼ cup** (60 mL) finely chopped red onion
- 3 cups** (750 mL) spring greens or arugula

Vinaigrette

- 2 Tbsp** (30 mL) canola oil
- 2 Tbsp** (30 mL) orange juice
- 2 Tbsp** (30 mL) rice vinegar
- 1 Tbsp** (15 mL) soy sauce
- 1 tsp** (5 mL) sesame oil
- 1 tsp** (5 mL) honey
- 1** garlic clove, crushed
- 1 tsp** (5 mL) grated fresh ginger

- 1 Tbsp** (30 mL) sesame seeds, toasted, for garnish

MAKE IT

1 BRING 2½ cups (625 mL) of water to a boil in a medium saucepan. Add the lentils and cook for 35-40 minutes, until almost tender. Cut the beans into 1-inch (2.5 cm) lengths; add them to the lentils. Cover and cook for another 5 minutes, until the lentils are tender and the green beans are tender-crisp. **2 DRAIN** well in a colander and transfer to a shallow serving bowl. Add the onion. In a small bowl or jar, whisk or shake together the canola oil, orange juice, rice vinegar, soy sauce, sesame oil, honey, garlic, and ginger; drizzle over the lentils and beans and toss to combine. **3 SERVE** over greens or arugula, and sprinkle with sesame seeds just before serving.

Nutritional Information **SERVING SIZE** 1 cup (250 mL)

Calories 170, Total Fat 10 g, Saturated Fat 1 g, Cholesterol 0 mg, Carbohydrates 18 g, Fibre 5 g, Sugars 7 g, Protein 6 g, Sodium 300 mg, Potassium 421 mg, Folate 101 mcg

TIP: This salad gets better after time in the fridge to soak up all the flavours.

the
perfect
pairing

Riesling

Cherry Beet Soup with Red Lentils & Anise



SERVINGS 8



PREP TIME 10 minutes



TOTAL TIME 40 minutes

WHAT YOU NEED

- 2 Tbsp (30 mL) canola oil
- 1 cup (250 mL) finely chopped red onion
- ½ tsp (2 mL) anise seeds, crushed
- ¼ tsp (1 mL) ground cinnamon
- ½ cup (125 mL) finely chopped celery
- 2 cups (500 mL) peeled, finely diced, fresh red beets
- ¼ cup (60 mL) red wine
- 5 cups (1.25 L) vegetable stock
- 2 Tbsp (30 mL) honey
- 1 Tbsp (15 mL) balsamic vinegar
- 1 cup (250 mL) split red lentils
- 1½ cups (375 mL) halved fresh red cherries, pits removed
- salt and ground black pepper, to taste
- ⅓ cup (75 mL) crumbled goat cheese, for garnish

MAKE IT

1 USING a large sauce pot, sauté the onion in the oil and cook until tender but not brown. Add the anise and cinnamon and cook for another 2 minutes, stirring continuously. Add the celery and cook until soft. Stir in the beets and cook for 2 minutes. **2 DEGLAZE** by stirring in the red wine and stock. Add the honey, vinegar, and lentils. Bring to a boil and then reduce to a simmer. Partially cover the pot with a lid and simmer for approximately 20-25 minutes, until the beets are nearly tender but still have a bite to them. **3 ADD** the fresh cherries, cover and continue to simmer until they are tender, approximately 10 minutes. **4 SEASON** to taste with salt and pepper. Garnish each bowl with crumbled goat cheese.

Nutritional Information **SERVING SIZE** 1 cup (250 mL)

Calories 240, Total Fat 8 g, Saturated Fat 2.5 g, Cholesterol 10 mg, Carbohydrates 32 g, Fibre 6 g, Sugars 13 g, Protein 11 g, Sodium 430 mg, Potassium 453 mg, Folate 43 mcg

the
perfect
pairing

Pinot Noir

Grilled Asparagus with Lentils & Crushed Macadamias



SERVINGS 6



PREP TIME 15 minutes



TOTAL TIME 35 minutes

WHAT YOU NEED

- 1 Tbsp (15 mL) butter
- 1 Tbsp (15 mL) finely chopped shallot
- ½ tsp (2 mL) red pepper flakes, or to taste
- ½ cup (75 mL) crushed, or roughly chopped, raw macadamia nuts
- ¼ cup (60 mL) white wine
- ¾ cup (175 mL) cooked French green lentils
- 1 Tbsp (15 mL) chopped fresh cilantro
- salt and ground black pepper, to taste

Asparagus

- 1 lb (500 grams) asparagus, cleaned and ends trimmed
- 1 Tbsp (15 mL) canola oil
- dash salt and ground black pepper
- 1 Tbsp lemon juice
- fresh cilantro leaves, for garnish

MAKE IT

1 **PREHEAT** the BBQ. 2 **MELT** the butter in a medium pan and sauté the shallots, chili flakes, and macadamia nuts and cook until the nuts are lightly golden. Deglaze the pan with white wine and add the cooked lentils and heat through. Mix in the cilantro, season with salt and pepper and remove from the heat. 3 **DRIZZLE** canola oil over the asparagus and season lightly with salt and pepper. Grill on the BBQ until slightly charred, but still al dente. Remove from the grill and cut into 1-2 inch pieces. Toss the pieces with the nut and lentil mixture, squeeze on a bit of lemon juice and garnish with fresh chopped cilantro.

Nutritional Information **SERVING SIZE** 4-5 asparagus spears with 3 Tbsp (45 mL) lentil mixture

Calories 150, Total Fat 10 g, Saturated Fat 2.5 g, Cholesterol 5 mg, Carbohydrates 10 g, Fibre 4 g, Sugars 3 g, Protein 5 g, Sodium 200 mg, Potassium 317 mg, Folate 47 mcg

Substitute raw almonds or sunflower seeds for the macadamias if needed.

the
perfect
pairing

Dry Riesling

TIP: A little truffle oil goes a long way. Start with a small amount, taste, and add more if necessary.

Roasted Cauliflower & Radicchio with Truffled Lentils



SERVINGS 6



PREP TIME 15 minutes



TOTAL TIME 40 minutes

WHAT YOU NEED

Cauliflower

- 4 cups** (1 L) bite-size florets of fresh cauliflower
- 1 cup** (250 mL) radicchio, cut into wedges
- 2 Tbsp** (30 mL) olive oil
- dash** salt and ground black pepper

Lentils

- 1 Tbsp** (15 mL) unsalted butter
- ¾ cup** (175 mL) finely sliced leek
- 1 tsp** (5 mL) finely chopped fresh rosemary
- 2 tsp** (10 mL) lemon juice
- 1 cup** (250 mL) cooked or canned green lentils, drained and rinsed
- 1 tsp** (5 mL) honey
- dash** salt and ground black pepper, to taste
- 2 tsp** (10 mL) black truffle oil
- 1 Tbsp** (15 mL) chopped fresh parsley

MAKE IT

1 PREHEAT the oven to 400°F (200°C). **2 TOSS** the cauliflower florets and radicchio with oil and season with salt and pepper. Line a baking tray with foil and spread the mixture evenly, making sure it is in a single layer. Roast in the oven, turning half way through, until vegetables are golden and tender, approximately 20-25 minutes. **3 WHILE** the cauliflower is roasting, melt the butter and sauté the leek and rosemary low and slow until golden. The butter will brown. Add the lemon juice, lentils, and honey. Season with salt and pepper and sauté until hot. Drizzle truffle oil over the mixture. Remove the mixture from the stove and keep warm until the cauliflower and radicchio are ready. In a large bowl, combine the vegetables with the lentil mixture and fresh parsley. **4 PLATE** or pour into a serving bowl. If desired, drizzle a little extra truffle oil on top and serve.

Nutritional Information **SERVING SIZE** ½ cup (125 mL)

Calories 140, Total Fat 9 g, Saturated Fat 2 g, Cholesterol 5 mg, Carbohydrates 13 g, Fibre 4 g, Sugars 3 g, Protein 5 g, Sodium 220 mg, Potassium 382 mg, Folate 113 mcg

Garlicky Lentil Ragù



SERVINGS 6



PREP TIME 15 minutes



TOTAL TIME 50 minutes

WHAT YOU NEED

½ cup	(125 mL) green or French green lentils
1 Tbsp	(15 mL) canola oil
1	small onion, finely chopped
1	celery stalk, diced
1	carrot, finely diced
5	garlic cloves, peeled and crushed
1-19 oz	(540 mL) can San Marzano-style tomatoes (whole, in puree)
2 Tbsp	(30 mL) butter
1 Tbsp	(15 mL) fresh thyme
	salt and ground black pepper, to taste
2 Tbsp	(30 mL) extra-virgin olive oil
½ cup	(75 mL) freshly grated Parmesan cheese

MAKE IT

1 **PLACE** the lentils in a medium saucepan, add 1½ cups (375 mL) water and bring to a simmer; cook for 40 minutes, or until just tender. Drain and set aside. 2 **MEANWHILE**, in a large, heavy skillet, heat the canola oil over medium-high heat. Add the onion, celery, and carrot and cook for 6-7 minutes, until soft. Add the garlic and cook for another minute or two. 3 **ADD** the drained lentils, tomatoes with their juices, butter, and the thyme leaves pulled off their stems and cook, stirring often, until the mixture thickens and becomes more uniform. Season with salt and pepper and serve drizzled with olive oil and sprinkled with Parmesan cheese.

Nutritional Information **SERVING SIZE** ¾ cup (175 mL)

Calories 210, Total Fat 13 g, Saturated Fat 4 g, Cholesterol 15 mg, Carbohydrates 17 g, Fibre 4 g, Sugars 4 g, Protein 7 g, Sodium 240 mg, Potassium 198 mg, Folate 5 mcg

the
perfect
pairing

Rosé



TIP: Switch this one up by omitting the Parmesan and tear a ball of buffalo mozzarella into the mixture while it simmers.



Espresso Marinated Lamb Chops with Smoky Lentils



SERVINGS 6



PREP TIME 15 minutes



TOTAL TIME 50 minutes

the
perfect
pairing

Sauvignon Blanc

WHAT YOU NEED

Marinated Lamb

- 8 lamb loin chops
- 2 Tbsp (30 mL) ground espresso
- 1 garlic clove, minced
- 3 Tbsp (45 mL) olive oil
- ½ tsp (2 mL) ground black pepper
- ½ tsp (2 mL) whole grain mustard
- ½ cup (125 mL) red wine
- ¼ tsp (1 mL) coarse salt
- 1-2 Tbsp (15-30 mL) canola oil, for cooking

Smoky Lentils

- 1 Tbsp (15 mL) canola oil
- 1½ cup (375 mL) finely sliced leek
- 1 tsp (5 mL) smoked paprika
- ¼ cup (60 mL) red wine
- ½ cup (125 mL) lamb or beef stock
- 1 Tbsp (15 mL) maple syrup
- 1 cup (250 mL) chopped kale
- 1½ cup (400 mL) cooked or canned green lentils, drained and rinsed
- salt and ground black pepper, to taste
- 1 Tbsp (15 mL) fresh chopped mint plus more for garnish

MAKE IT

1 PLACE the lamb in a large plastic resealable bag. In a small bowl, whisk together the coffee, garlic, oil, black pepper, mustard, wine, and salt together. Pour the marinade over lamb, seal bag, and rub in thoroughly on all sides. Refrigerate for at least 4 hours or overnight. **2 FOR** the lentils: In a medium saucepan, heat canola oil. Add the leek and sauté until slightly golden. Stir in the smoked paprika and sauté for 1 minute, stirring constantly. Deglaze the pan with the red wine and stock. Stir in the maple syrup, kale, and cooked lentils. Simmer for 5 minutes. Season with salt and pepper and stir in the fresh mint. **3 PREHEAT** the oven to 400°F (200°C). Remove the lamb from the marinade and brush off the excess espresso grounds. Heat a thick bottomed large ovenproof skillet, add canola oil and cook the lamb until browned, about 3 minutes per side. Transfer the skillet to the oven and roast to desired doneness, medium rare is suggested. For medium rare, cook for approximately 6-10 minutes or until the lamb reaches an internal temperature of 140-145°F on a meat thermometer. Remove from the oven and let rest for 5 minutes. **4 LAY** the hot lentils down on a platter, top with the roasted lamb chops and garnish with fresh mint.

Nutritional Information **SERVING SIZE** 2 lamb chops with
¾ cup (175 mL) smoky lentils

Calories 400, Total Fat 26 g, Saturated Fat 7 g, Cholesterol 65 mg,
Carbohydrates 17 g, Fibre 4 g, Sugars 3 g, Protein 21 g, Sodium 240 mg,
Potassium 500 mg, Folate 100 mcg

Marsala Chicken & Lentils



SERVINGS 6



PREP TIME 10 minutes



TOTAL TIME 35 minutes

WHAT YOU NEED

- 3 medium chicken breasts, skin removed
- salt and ground black pepper, as needed
- 6 Tbsp (90 mL) all purpose flour
- 3 Tbsp (45 mL) canola oil
- 1 Tbsp (15 mL) unsalted butter
- 1 Tbsp (15 mL) finely chopped shallots
- 1 garlic clove, minced
- 3 cups (750 mL) fresh sliced shiitake or cremini mushrooms
- ½ cup (125 mL) Marsala wine
- ½ cup (125 mL) chicken stock
- ¾ cup (175 mL) 35% cream
- 1 cup (250 mL) cooked green lentils
- salt and ground black pepper, to taste
- 2 Tbsp (30 mL) chopped fresh parsley

MAKE IT

1 PLACE a layer of plastic wrap on a cutting board. Lay the chicken breasts down, with space in between each and cover with another layer of plastic wrap. Gently pound the chicken breasts with a flat mallet, or the side of a wine bottle, until they reach about ¼ inch (0.6 cm) thickness. Cut each breast in half. Season both sides with salt and pepper and dredge in flour. In a large skillet, heat canola oil and add the chicken, cook in batches to avoid overcrowding. Cook the chicken until golden on both sides and until almost cooked through. Remove the chicken from the pan and reserve. **2 MELT** the butter in the pan and add the shallots, garlic, and mushrooms. Cook until the mushrooms are golden. Remove from the pan and reserve. **3 ADD** the marsala wine to deglaze the pan and cook for 1 minute. Add the stock and cream. Simmer until the liquid thickens. Add the reserved mushrooms, lentils, and chicken back into the pan, and bring to a simmer. Season with salt and pepper. **4 GARNISH** with fresh chopped parsley and serve.

Nutritional Information **SERVING SIZE** ½ chicken breast with ½ cup (125 mL) sauce

Calories 370, Total Fat 22 g, Saturated Fat 9 g, Cholesterol 85 mg, Carbohydrates 20 g, Fibre 4 g, Sugars 5 g, Protein 18g, Sodium 430 mg, Potassium 527 mg, Folate 81 mcg



the
perfect
pairing

Chianti

Coconut Saffron Scallops on a Bed of Lentils & Couscous



SERVINGS 4



PREP TIME 10 minutes



TOTAL TIME 25 minutes

WHAT YOU NEED

Couscous

- ¾ cup** (175 mL) vegetable stock
- 1 Tbsp** (15 mL) golden raisins, finely chopped
- ½ cup** (125 mL) dry, medium couscous
- 1 cup** (250 mL) cooked French green lentils
- 2 Tbsp** (30 mL) fresh chopped cilantro, reserve some for garnish
- ½** lemon, juice plus zest
- 1 Tbsp** (15 mL) olive oil
- salt and ground black pepper, to taste

Scallops & Sauce

- 1 Tbsp** (15 mL) canola oil
- 12** large fresh scallops, abductor muscles removed
- salt and ground black pepper, to taste
- ¼ cup** (60 mL) white wine
- 2 Tbsp** (30 mL) finely minced shallot
- 1 tsp** (5 mL) grated fresh ginger
- 1¼ cup** (310 mL) coconut milk (regular, not light)
- ¼ tsp** (1 mL) saffron threads

MAKE IT

1 BRING the stock and raisins to a boil in a medium saucepan. Pour the hot stock over the dry couscous in a medium bowl and mix once with a spoon. Cover for 5 minutes. Fluff with a fork and toss in the lentils, cilantro, lemon juice, zest, and oil. Season to taste with salt and pepper and reserve in a warm spot. **2 PAT** the scallops dry with a paper towel and season with salt and pepper. Heat a thick bottom pan until hot but not smoking. Add the canola oil to the pan and quickly add the scallops. Cook the scallops until they are a rich golden brown and then flip over to cook the other side. Remove the scallops from the pan and deglaze the pan with white wine. Add the shallots, ginger, coconut milk, and saffron. Simmer the sauce until it thickens. Add the scallops back to the sauce to warm. **3 SPOON** the warm couscous onto each of the plates. Place 3 scallops per person on the bed of couscous and pour some of the sauce over the top. Garnish with fresh cilantro and serve immediately.

Nutritional Information **SERVING SIZE** ⅓ cup (75 mL) couscous, 3 scallops, and ¼ cup (60 mL) sauce

Calories 600, Total Fat 24 g, Saturated Fat 15 g, Cholesterol 35 mg, Carbohydrates 70 g, Fibre 8 g, Sugars 4 g, Protein 29 g, Sodium 560 mg, Potassium 613 mg, Folate 105 mcg



the
perfect
pairing

Chardonnay

the
perfect
pairing

Chenin Blanc

Lemon Poppy Seed Biscotti



SERVINGS 18



PREP TIME 25 minutes



TOTAL TIME 1 hour

WHAT YOU NEED

¼ cup	(60 mL) split red lentils
½ cup	(125 mL) butter, at room temperature
¾ cup	(175 mL) granulated sugar
1	large egg
1	lemon, finely grated zest plus juice
2 cups	(500 mL) all-purpose flour
1 tsp	(5 mL) baking powder
¼ tsp	(1 mL) salt
½ cup	(75 mL) poppy seeds

Lemon Drizzle

½ cup	(125 mL) confectioner's sugar
1 Tbsp	(15 mL) cream
2 tsp	(10 mL) lemon juice

MAKE IT

1 PREHEAT the oven to 350°F (180°C). **2 BRING** 1 cup (250 mL) of water to a boil in a small saucepan; add the lentils and cook for 12 minutes, or until very soft. Drain well and set aside to cool slightly. **3 INTO** the bowl of a food processor, place the butter, sugar, egg, and lemon zest and juice. Add the lentils and pulse until well blended and smooth. It may look curdled – that is fine. **4 ADD** the flour, baking powder, and salt and pulse until the dough begins to come together. Add the poppy seeds and pulse once or twice, then carefully remove the dough and knead it once or twice with your hands. If it is really sticky, do this on a well-floured surface, incorporating a little more flour into the dough. **5 PLACE** on a parchment-lined baking sheet and with dampened hands, shape into 12-14 inch (31-36 cm) long log, and then flatten to 3-4 inches (8-10 cm) wide. Bake for 25-35 minutes, or until pale golden and set. Remove from oven and let cool completely. **6 REDUCE** the oven to 275°F (150°C). Once the biscotti log has completely cooled, slice on a slight diagonal into ½-inch thick slices and return to the baking sheet, sitting them upright, spaced at least one inch (2.5 cm) apart. Return to the oven for 30 minutes, or until crisp, pale golden and dry. **7 WHISK** together the confectioner's sugar, cream, and lemon juice. Drizzle over the cooled biscotti and leave until set.

Nutritional Information **SERVING SIZE** 1 biscotti

Calories 170, Total Fat 7 g, Saturated Fat 3.5 g, Cholesterol 25 mg, Carbohydrates 23 g, Fibre 1 g, Sugars 11 g, Protein 3 g, Sodium 60 mg, Potassium 52 mg, Folate 20 mcg

the
perfect
pairing

Riesling

Honey Lentil Panna Cotta with Berries & Balsamic



SERVINGS 6



PREP TIME 10 minutes



TOTAL TIME 20 minutes

WHAT YOU NEED

2 cups	(500 mL) 2% milk
½ cup	(125 mL) split red lentils
1 Tbsp	(15 mL) granulated sugar
1	vanilla bean
1 Tbsp	(15 mL) unflavored powdered gelatin
1½ cups	(375 mL) 35% cream
¼ cup	(60 mL) honey
dash	salt
¼ cup	(60 mL) fresh raspberries, for garnish
1 Tbsp	(15 mL) balsamic reduction, drizzled as needed for garnish

MAKE IT

1 PLACE 1½ cups (375 mL) of 2% milk, lentils, sugar, and vanilla bean in a saucepan and simmer with a lid on until the lentils are tender, approximately 10 minutes. Meanwhile, in a small bowl place ½ cup (125 mL) milk and sprinkle with gelatin. Let it stand while the lentils cook, this will soften the gelatin. **2 WHEN** the lentils are tender, remove the vanilla bean and scrape its contents into the hot milk and discard the pod. In the bowl of a food processor, puree the hot milk and lentil mixture until smooth. Return the puree to the sauce pan and add the soaked gelatin and milk mixture. Heat on low until the gelatin dissolves, approximately 3-5 minutes. Do not boil. **3 ADD** the cream, honey, and a touch of salt to the lentil mixture. Pour into champagne glasses and refrigerate for 4 hours. **4 GARNISH** each of the chilled panna cottas with raspberries and a small drizzle of balsamic reduction.

Nutritional Information **SERVING SIZE** ¾ cup (175 mL)

Calories 370, Total Fat 24 g, Saturated Fat 15 g, Cholesterol 90 mg, Carbohydrates 30 g, Fibre 2 g, Sugars 18 g, Protein 9 g, Sodium 160 mg, Potassium 307 mg, Folate 7 mcg

the
perfect
pairing

Gewürztraminer

Cloud 9 with Mascarpone, Chocolate, & Cherries



SERVINGS 6



PREP TIME 10 minutes



TOTAL TIME 10 minutes

WHAT YOU NEED

- 1/3 cup** (85 mL) split red lentils
- 1/2 cup** (125 mL) 35% cream
- 2 tsp** (10 mL) confectioner's sugar
- 1 cup** (250 mL) mascarpone cheese
- 1/4 cup** (60 mL) granulated sugar
- 1** vanilla bean
- 1 1/4 cup** (310 mL) quartered fresh cherries, reserve some for garnish
- 1/2 cup** (125 mL) finely grated dark or milk chocolate, reserve some for garnish

MAKE IT

- 1 COOK** the lentils in 1 cup (250 mL) of water until tender. Rinse under cool water and strain. Dry excess moisture off with paper towel.
- 2 WHISK** the cream with confectioner's sugar until medium peaks develop. Cover and refrigerate.
- 3 IN** another bowl, whisk the mascarpone with sugar until smooth and light. Scrape the inside of the vanilla bean into the mascarpone mixture. Stir to combine. Fold in the cooked lentils. Mix in the cherries and grated chocolate. Gently fold in the chilled whipped cream.
- 4 PORTION** about 1/3 cup (150 mL) into wine glasses and garnish with fresh cherries and grated chocolate. Serve immediately.

Nutritional Information **SERVING SIZE** 1/3 cup (150 mL)

Calories 560, Total Fat 47 g, Saturated Fat 26 g, Cholesterol 120 mg, Carbohydrates 31 g, Fibre 3 g, Sugars 21 g, Protein 10 g, Sodium 50 mg, Potassium 244 mg, Folate 3 mcg

Midnight Coconut Lentil Fudge



SERVINGS 12



PREP TIME 10 minutes



TOTAL TIME 15 minutes

WHAT YOU NEED

½ cup	(75 mL) toasted sunflower seeds
½ cup	(125 mL) toasted coconut flakes
1 cup	(250 mL) cooked or canned green lentils, rinsed and drained
3 Tbsp	(45 mL) cocoa powder
¼ cup	(60 mL) honey
3 Tbsp	(45 mL) coconut oil

MAKE IT

- 1 PLACE** the seeds, coconut, lentils, cocoa powder, and honey into the bowl of a food processor and pulse until smooth. You may need to scrape down the sides a few times. Scoop out into a bowl.
- 2 MELT** the coconut oil on low heat on the stove and stir into the lentil mixture. Transfer the mixture into a small parchment lined pan and chill for 3 hours.
- 3 ONCE** chilled, cut into 12 pieces.

Nutritional Information **SERVING SIZE** 1 piece

Calories 130, Total Fat 8 g, Saturated Fat 5 g, Cholesterol 0 mg, Carbohydrates 11 g, Fibre 2 g, Sugars 6 g, Protein 3 g, Sodium 0 mg, Potassium 86 mg, Folate 39 mcg

the
perfect
pairing

Tawny Port



CANADIAN LENTILS

306.668.3668

lentil@saskpulse.com

lentils.ca

[@cdnlentils](https://www.facebook.com/cdnlentils)

[facebook.com/cdnlentils](https://www.facebook.com/cdnlentils)