Cozy
SIMPLE, MODERN COMFORT FOOD
As the temperatures drop and the days get shorter, one can’t help but seek satisfaction in a bowl of warm, cozy comfort food goodness. In this collection of recipes, we explore modern twists on familiar comfort foods and hearty cool weather dishes.

**Table of Contents**

PAGE 5 how to buy, cook & store lentils
PAGE 4 skillet meals – 3 ways
PAGE 6 dinner table

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**Buying Lentils**

Lentils are readily available in most grocery stores (chains and private, health food stores, organic markets, and stores that provide the opportunity to purchase products in bulk).

- Lentils do not require soaking like other pulses, such as beans, peas, and chickpeas.
- Rinse your lentils with fresh water before boiling to remove any dust or debris.
- Cook on a stovetop, using 3 cups of liquid (water, stock, etc) to 1 cup of dry lentils.
- Bring to a boil, cover tightly, reduce heat and simmer until they are tender.
- Cooked lentils can be refrigerated for up to one week, or frozen for up to three months.

**Canned Lentils**

Canned lentils are a convenient time-saving option— they are pre-cooked and ready to use. Thoroughly drain and rinse canned lentils to reduce sodium content before use.

19 oz equals 2 cups cooked

5-7 MINS split lentils cook time

15-20 MINS whole lentils cook time

**Rinse**

**Simmer**

**Serve**

**Cooking Lentils**

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Rinse, Simmer, Serve

**Lentil Storage**

Packaged lentils (dry or canned) keep easily on your cupboard shelf or pantry in a dry, dark, cool location for up to one year. If you are purchasing your lentils in bulk or have open packages, transfer them to an airtight container to take advantage of the one-year shelf life. After one year, cooking time may increase.

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for more recipes, tips, tricks & videos, visit lentils.org or find us on social media
Maximum flavour with minimal clean-up! Whether you are using a skillet, or your favourite go-to cooking pan – these savoury skillet meals come together in one pan, making clean-up a breeze.

skillet meals: 3 ways

- Whitefish & sweet potato curry
- Skillet lentil stew
- Skillet macaroni & cheese
Dark and cool winter evenings call for comfort food. As the temperatures drop, warm up with this table of cozy, home-cooked goodness with plenty of leftovers for the week.

1 soup
+1 side dish
+1 entree

Irish lamb & lentil stew // Recipe on Page 1
Manhattan clam & lentil chowder // Recipe on Page 1
**Lentil & Mushroom Orzotto with Poached Eggs & Arugula**

**By Annabel Lee Waugh**

**Ingredients**

- 1 cup (250 mL) arborio rice
- 2 cups (500 mL) vegetable broth
- 2 cups (500 mL) water
- 2 tablespoons (30 mL) olive oil
- 2 tablespoons (30 mL) butter
- 1 onion, diced
- 1 clove garlic, minced
- 1 teaspoon (5 mL) dried thyme
- 1 teaspoon (5 mL) dried basil
- 1/4 teaspoon (1 mL) dried rosemary
- 1/4 teaspoon (1 mL) dried oregano
- 1/4 cup (60 mL) white wine
- 1 can (400 g) diced tomatoes
- 1 cup (250 mL) cooked red lentils
- 1 cup (250 mL) cooked white beans
- 2 tablespoons (30 mL) chopped fresh thyme
- Salt and pepper

**Assembly**

1. Heat the olive oil in a medium size saucepan. Cook onion, stirring occasionally, until tender and liquid is evaporated, about 5 minutes.
2. Add arborio rice. Cook, stirring occasionally, until tender and liquid is evaporated, about 5 minutes.
3. In the same pot, add vegetable broth and water. Bring to a boil. Reduce heat to medium, cover, and simmer, stirring occasionally, until the lentils are tender, about 20 minutes. If the mixture becomes too dry, add more broth (stock) and lentils and barley are tender and the mixture is creamy but not liquid.
4. Once lentil mixture has been simmering for 20 minutes, add white wine to a small saucepan over medium heat to simmer, about 4 minutes. Stir in water, lentils, barley and herbs to keep in pot. Add arborio rice to vegetable broth and stir until thickened. Add lentil mixture to pot and stir until thickened. Add kale, if desired. Remove from heat and set aside.
5. Once cooked, stir half of the cheese, 2 tablespoons (30 mL) of the lemon juice, and half into the orzotto mixture. Season with salt and pepper to taste. Toss gently with remaining cheese and arugula.

**Optional Mix-Ins**

- White chocolate chips
- Chopped pecans
- Butterscotch chips

**Healthy Toppings**

- Pumpkin seeds
- Sunflower seeds
- Chopped walnuts

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**Cheese Grana Padano, Parmigiano Reggiano**

**Eggs Poached Sunny Side Up**

**Orzotto**

Orzotto is just like classic risotto, but with pearled barley instead of Arborio rice. The barley cooks in the same time as green lentils.

**To make lentil purée**

To make split red lentil purée, place cooked lentils into a food processor, or blender. For every 1 cup (250 mL) of lentils, add 1/4 cup (60 mL) water. Blend to make a smooth purée with a consistency resembling canned pumpkin.

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**Mushrooms White, cremini, shiitake**

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**Cheese**

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**Annabel Lee Waugh is a Canadian Recipe Developer, Culinary Teacher and Food Editor who has spent nearly two decades cooking in Canada’s top test kitchens. She loves to create trustworthy, tasty recipes that anyone can feel confident to make—whether for a busy Tuesday night or the most special occasion.**

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**Renee Kohlman has been cooking and baking professionally for twenty years. She is a part-time pastry chef, food writer and recipe developer living in Saskatchewan. Renee published her debut cookbook All the Sweet Things (Touchwood Editions) in April of 2017.**

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**Pumpkin Chai Muffins**

**By Renee Kohlman**

**Ingredients**

- 2 large eggs, room temperature
- 1 cup (250 mL) canned pumpkin purée
- 1/4 cup (60 mL) packed brown sugar
- 1/2 cup (125 mL) brown rice flour
- 1/2 cup (125 mL) canola oil
- 1 cup (250 mL) unsweetened apple sauce
- 2 tsp (10 mL) pure vanilla extract
- 1/2 cups (275 mL) all-purpose flour
- 1 cup (250 mL) large-flake oats
- 1 tsp (5 mL) baking powder
- 1 tsp (5 mL) salt
- 1 tsp (5 mL) cinnamon
- 1/2 cup (120 mL) pumpkin seeds

**Assembly**

1. Preheat oven to 350°F (180°C). Place rack in the centre of the oven. Line a muffin pan with paper.

2. In a large bowl, whisk together eggs, pumpkin purée, brown sugar, until smooth. Add canola oil, apple sauce, and vanilla until smooth. In another large bowl, stir together flour, oats, baking powder, baking soda, salt, and spices.

3. Add wet ingredients to dry ingredients and stir just until incorporated. Scrape into muffin cups to about three-quarters full and bake until muffins are golden brown and a toothpick inserted in the centre of a muffin comes out clean. Let muffins cool in the pan on a wire rack for about 5 minutes, then remove the muffins from the pan and let cool completely on this rack.

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**Nutritional Analysis**

Calories: 260, Fat: 5 g (8% DV), Saturated Fat: 2 g (10% DV), Trans Fat: 0 g, Cholesterol: 56 mg, Sodium: 169 mg, Carbohydrates: 42 g (14% DV), Fiber: 8 g, Protein: 3 g, Potassium: 153 mg.

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**Ben&Deh Series**

**Ben&Deh Series**

**Touchwood Editions** in April of 2017.
### Skillet Meals

#### Skillet Meals: 3 Ways

**INGREDIENTS**
- 3 tbsp (45 ml) canola oil, divided
- 3 cloves (15 ml) minced garlic
- 2 tsp (10 ml) minced ginger
- 1 tsp (5 ml) minced red curry paste
- 1 sweet potato, peeled and diced
- 1 apple, diced
- 1/2 cup (30 ml) coconut milk
- 1/2 cup (60 ml) canned tomatoes
- 1 tsp (5 ml) sugar
- 1/4 tsp (1 ml) salt

**ASSEMBLY**
1. **Cook the sweet potato** over medium-high heat for 5-10 minutes, or until tender. Remove from the skillet with a slotted spoon and place in a bowl. Set aside.
2. **Remove the garlic** from the skillet and stir in the minced ginger and minced red curry paste. Cook for 30 seconds.
3. **Add 1/2 cup (30 ml) of canned tomatoes** and stir to combine. Cook for 2 minutes, or until the tomatoes have softened.
4. **Stir in the remaining minced garlic and ginger** and cook for another 1-2 minutes, or until the garlic and ginger are fragrant.
5. **Add 1/4 cup (60 ml) of water** and cook for 2-3 minutes, or until the vegetables are tender.
6. **Stir in the peanuts** and cook for another 2-3 minutes, or until the peanuts are tender.
7. **Serve hot with a side of steamed rice or brown rice.”

### Skillet Macaroni & Cheese

**INGREDIENTS**
- 1 cup (200 ml) elbow macaroni
- 1/2 cup (120 ml) milk
- 1/2 cup (120 ml) grated Cheddar cheese
- 1/4 cup (60 ml) butter
- 1/4 cup (60 ml) all-purpose flour
- 1/4 cup (60 ml) salt

**ASSEMBLY**
1. **Boil the macaroni** according to the package instructions. Drain and set aside.
2. **In a large skillet**, melt the butter over medium heat. Add the flour and cook for 1 minute, or until the flour is golden brown.
3. **Stir in the milk** and cook for 2-3 minutes, or until the mixture is thickened.
4. **Stir in the Cheddar cheese** and cook for 1-2 minutes, or until the cheese is melted and smooth.
5. **Stir in the macaroni and cheese** and cook for 1 minute, or until the mixture is heated through.
6. **Serve hot with a side of steamed vegetables.”

### Manhatten Clam & Lentil Chowder

**INGREDIENTS**
- 1 lb (454 g) small clams
- 1 tbsp (15 ml) olive oil
- 1 onion, diced
- 4 cups (800 ml) clam juice
- 2 cups (400 ml) chicken broth
- 1 tsp (5 ml) dried thyme
- 1/2 tsp (2 ml) dried basil
- 1/4 tsp (1 ml) black pepper

**ASSEMBLY**
1. **In a large pot**, heat the olive oil over medium-high heat. Add the onion and cook for 2-3 minutes, or until the onion is translucent.
2. **Stir in the clams** and clump attached to the clams. Cook for 2-3 minutes, or until the clams are opened. Discard any clams that do not open.
3. **Stir in the clam juice** and chicken broth and bring to a boil. Reduce the heat to medium and simmer for 10 minutes.
4. **Stir in the dried thyme, dried basil, and black pepper** and cook for 1 minute, or until the flavors are combined.
5. **Stir in the united beans** and cook for 2-3 minutes, or until the beans are heated through.
6. **Serve hot with a side of steamed rice or brown rice.”

### Irish Lamb & Lentil Stew

**INGREDIENTS**
- 2 tbsp (30 ml) olive oil
- 1 onion, diced
- 1 red bell pepper, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 1 tsp (5 ml) cumin seeds
- 1 tsp (5 ml) coriander seeds
- 1 tsp (5 ml) dried thyme
- 1 tsp (5 ml) dried basil
- 1/2 tsp (1 ml) salt
- 1/2 tsp (1 ml) black pepper

**ASSEMBLY**
1. **In a large pot**, heat the olive oil over medium-high heat. Add the onion, bell pepper, carrots, celery, cumin seeds, coriander seeds, thyme, basil, salt, and black pepper and cook for 2-3 minutes, or until the vegetables are tender.
2. **Stir in the lamb** and cook for 5-7 minutes, or until the lamb is browned.
3. **Stir in the beef stock** and bring to a boil. Reduce the heat to medium and simmer for 10 minutes.
4. **Stir in the united beans** and cook for 2-3 minutes, or until the beans are heated through.
5. **Serve hot with a side of steamed rice or brown rice.”

### Nutritional Information

- **Calories**: 370
- **Fat**: 20 g
- **Carbohydrates**: 30 g
- **Protein**: 10 g

**Nutritional Analysis**: Carbs 50%, Total Fat 25%, Protein 25%.