

Pulses of Life Cooking Class

Warm Autumn Flavours

ARMENIAN LENTIL SOUP

Adapted from "The Happy Pear", David and Stephen Flynn, p59

INGREDIENTS

- ▶ 150g red lentils
- ▶ 1 onion, chopped
- ▶ 1/4 of a celeriac or 3 sticks of chopped celery
- ▶ 2 cloves of garlic
- ▶ 2 carrots, chopped
- ▶ 1 medium potato, chopped
- ▶ 2 tablespoons oil, chopped
- ▶ 2 teaspoons salt
- ▶ 2.5 litres of vegetable stock or water
- ▶ 100g dried apricots
- ▶ 1 tablespoon ground cumin
- ▶ 1 teaspoon dried thyme or few sprigs of fresh thyme
- ▶ juice of 1/2 lemon
- ▶ small bunch of fresh coriander, chopped.

INSTRUCTIONS

1. Pour the oil into a large pan on medium heat. Add the onion, celeriac, garlic carrots and potato and stir. Cover with a lid, turn the heat very low and cook gently for 15 minutes, stirring occasionally.
2. Add the stock, dried apricots, cumin, thyme and the drained lentils.
3. Bring to the boil, stir regularly so the lentils don't stick to the bottom of the pan. Add the salt
4. Turn down the heat, cover with a lid and simmer for 30 minutes, stirring occasionally, until the lentils have turned yellow and the carrots are soft
5. Remove the soup from the heat and blend until smooth, using a stick blender.
6. Add the lemon juice, check the seasoning
7. Stir in the chopped coriander before serving

CRUSTY CORN BREAD

"Ten Talents Cookbook", Rosalie and Frank Hurd, p151

INGREDIENTS

- ▶ 3/4 cup yellow cornmeal
- ▶ 3/4 cup barley flour or wholewheat flour
- ▶ 2 tablespoons unrefined sugar
- ▶ 1/4 teaspoon sea salt
- ▶ 3/4 cup soymilk
- ▶ 2 Tablespoons oil
- ▶ 1/2 teaspoon vanilla essence
- ▶ 1 1/2 teaspoon non-aluminium baking powder

METHOD

1. Preheat the oven to 400°F(200°C) and grease your pan
2. In a mixing bowl, combine the dry ingredients together
3. Stir the liquid ingredients together
4. Add to the dry ingredients and mix together thoroughly
5. Pour into the pan and bake for 35 minutes or till a toothpick inserted near the centre, comes out clean.

ROASTED BRUSSELS SPROUTS

<http://lifeandhealth.org/undo-my-disease/diabetes/roasted-brussels-sprouts/101264.html>

INGREDIENTS

- ▶ 30 brussels sprouts
- ▶ 1 teaspoon extra-virgin olive oil or sesame seed oil
- ▶ ¼ teaspoon salt, or to taste
- ▶ ¼ cup pine nuts or roughly chopped cashew nuts
- ▶ ¼ cup dried currants or cranberries

INSTRUCTIONS

1. Preheat the oven to 400°F (200°C)
2. Cut the ends off the Brussels sprouts, and take off the flimsiest outer leaves before cutting the sprouts in half. Toss them in a large mixing bowl with the olive oil and salt.
3. Transfer the sprouts to a baking pan and place them in the oven. Roast until the outer leaves are slightly brown, about 20-30 minutes.
4. During the last 4 minutes of roasting, add the pine nuts and currants to the pan and return to the oven.
5. Then, remove the pan from the oven and transfer to a serving platter. Squeeze fresh lemon juice over the Brussels sprouts and serve.

Ready in about 20-30 minutes

Makes 6-8 servings

ROASTED BUTTERNUT SQUASH AND SAGE

<http://lifeandhealth.org/kitchen/roasted-butternut-squash-and-sage/101268.html>

INGREDIENTS

- ▶ ½ butternut squash, peeled and diced into 1/2-inch cubes (about 3 cups)
- ▶ 1 tablespoon extra-virgin olive oil
- ▶ ½ teaspoon salt
- ▶ 5-7 leaves fresh sage, chopped (or 2 tablespoons dried sage)

INSTRUCTIONS

1. Preheat the oven to 400°F (200°C)
2. In a large bowl, combine the squash, olive oil, and salt until the squash is evenly coated. Stir in the sage.
3. Transfer the squash to a nonstick roasting pan and bake in the oven until the squash is tender and lightly browned, about 20 minutes.

Ready in about 30 minutes

Makes 4-6 side servings

Prayer:

For food in a world where many walk in hunger;
For faith in a world where many walk in fear;
For friends in a world where many walk alone;
We give you thanks, O Lord.

NEXT COOKING CLASS: WEDNESDAY 2 NOVEMBER 2016
"KIDS IN THE KITCHEN"