

Lentil Bites for Lentil Underground Book Tour with AERO-RED LODGE

Beluga Lentil-Quinoa Tabbouleh

The combination of lentils and quinoa make for a nutritious protein rich salad. Serve it with grilled vegetables, fish or chicken. Feel free to substitute the French lentils with belugas or green lentils. Ingredients
Serves 4 as a salad

3/4 cups Beluga Lentils
3/4 cups Red Quinoa
3 cups water
1 cup fresh Italian Parsley, chopped
1/2 cup fresh Cilantro, chopped
4 TBSP fresh Mint, chopped
1 cup Roma Tomatoes, seeded and finely chopped
2 cups English Cucumber, chopped
1/4 cup fresh squeezed Lime juice
1/4 cup Olive Oil

Directions

1. Boil 3 cups of water. Add lentils and quinoa, stir to blend and lower heat to medium.
2. Cook for 20 minutes. Lentils will have a softer bite than the quinoa. Remove from pot and set in a large mixing bowl. Allow to cool off.

3. When mixture is cool, add parsley, cilantro, mint, tomatoes and cucumber.
4. In a small bowl, whisk lime juice and olive oil. Season to taste.
5. Refrigerate and allow flavors to blend for at least 2 hours.
6. Stir before serving and enjoy!



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Barley Sticky Rice

1 1/2 cups Timeless Purple Barley
1 cup water

Dash of salt
1 can coconut milk
Brown sugar to desired sweetness

Bake until liquid is absorbed. Process with food processor. Chill. Serve topped with mangos.

Dessert recipes prepared by:



Lentil Cookies

Ingredients

9 1/2 oz. whole-wheat pastry flour, approx. 2 cups*
1 teaspoon baking powder
1 teaspoon salt
1 1/2 teaspoons ground cinnamon
1/2 teaspoon ground allspice
8 oz. sugar, approx. 1 cup
6 oz. unsalted butter, room temperature, approx. 3/4 cup
1 egg
2 teaspoons vanilla extract
1 1/2 cups lentil puree, recipe follows
3 1/2 oz. rolled oats, approx. 1 cup
4 oz. dried fruit, approx. 1 cup
2 1/4 oz. unsweetened dried shredded coconut, approx. 1 cup
Lentil Puree:
4 oz. lentils, approx. 2/3 cup, picked over and rinsed
2 cups water

**Cook's Note: If desired, a quarter of the whole-wheat flour can be substituted with lentil flour for a denser, stronger flavored cookie*

Directions

Preheat the oven to 375 degrees F.

In a medium bowl, combine the flour, baking powder, salt, cinnamon and allspice.

In the bowl of a stand-mixer with a whisk attachment, cream together the sugar and butter on medium speed. Add the egg and mix until just incorporated. Add the vanilla and lentil puree and mix until combined. Add the flour mixture and blend on low speed until just combined. Remove the bowl from the mixer and stir in the oats, dried fruit and coconut.

Form the dough into balls about 2 teaspoons in size and place on a baking sheet with parchment paper, leaving about 1-inch of room in between. Bake for 15 to 17 minutes, or until an internal temperature of 195 degrees F is reached on an instant-read thermometer.

Lentil Puree:

In a small pot over medium heat, combine the lentils and the water. Bring to a simmer, cover, and simmer for 30 to 40 minutes, or until lentils are tender. Remove from the heat and puree. If using immediately, let cool. The puree may be stored in the refrigerator for 3 to 4 days or in the freezer for 2 to 3 months. Yield: 1 1/2 cups lentil puree.

Recipe courtesy of Alton Brown, 2006

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Montana Pulse Bowl- Beware this is not your grandma's meat and potato, instead, this is a powerhouse of nutrition and flavors. If you are a vegetarian, this combo of lentils and farro is all you need for a whooping 19 ounce of plant protein. Serves 20 or a party!

Ingredients

For the beef

4 lbs grass-fed beef chuck roast, boneless
1 large white onion
1 large jalapeño
5 carrots
5 garlic cloves

For the Seasoning

1 TBSP Hatch chili or any other chili powder
1 TBSP cumin
1 TBSP dried garlic
1 TBSP paprika
1 TBSP Kosher Salt
1 small tomato paste
1 12- ounce dark local beer
1 4 ounce can chopped chiles

For the grain/pulse base

3 cups farro
3 cups beluga lentils
6 cups of water
1 TBSP dried oregano
1 TBSP dried rosemary

1 TBSP dried thyme
1 TBSP red pepper flakes
2 TBSP Kosher Salt

For the topping

4 lbs new potatoes, cut in 1/2x1/2 pieces
1-2 large onions, chopped
2 TBSP of herb mix above
1/4 cup of olive oil

Smoked pickled kale

3 large white onions, julienned
1/2 cup soy sauce
1/2 cup rice vinegar
Juice of 2 limes
2 teaspoons Smoked paprika or pimenton

For the lentil ketchup

1 TBSP Grape seed oil, or safflower or sunflower oil
1 large red onion, julienned, about 1 cup, packed
1 large red bell pepper, julienned, about 1 cup, packed
3/4 cup brown sugar
1 teaspoon cumin
3/4 teaspoon cayenne (or 1/2 if you need to tame it a tad)
1 28-ounce can of crushed roasted tomatoes, like Muir, with liquids
1 teaspoon Kosher salt
1 cup cooked Timeless beluga Lentils
3/4 cup of rice vinegar

Directions for the beef

1. In a small bowl, combine spices and rub around all the sides of the roast.
2. Heat a Dutch oven to medium high and brown roast.
3. Remove from heat and lower heat to medium; add the ingredients for the roast, onion, etc.
4. Stir and deglaze with beer. Add the tomatoes paste and the chilies. Season with salt and pepper to taste.
5. Lower heat and cover. Allow to cook for about 3-4 hours. You can also cook in a slow cooker
6. FOR THE POTATOES- While the meat is cooking, cook the pulse/grains and the potatoes.
7. In a small bowl, combine the herbs, red pepper flakes and blend. In a separate bowl combine the lentils and the farro.
8. FOR THE LENTIL-FARRO- Heat a second Dutch oven to medium and add 1 TBSP of olive oil. Add farro/lentil and saute/toast for a couple of minutes. When the grains are nicely toasted, add the water. Add 2 TBSP of the herb mixture and stir. Allow mixture to cook without stirring. When the water has evaporated and you see small moisture holes on the surface, cover and lower to medium low.
9. Heat oven to 400. In a bowl, add 2 TBSP of herb mixture and 1/4 cup of olive oil. Mix. Add potatoes, onions and coat to blend.
10. Line a baking sheet with parchment paper and add potatoes; place inside oven and cook for 20 minutes or until toasted.
11. Meantime, make sure to turn your roast, stir your grain mixture once the moisture has evaporated and keep and eye on the potatoes.
12. While these three items are cooking, you can make your kale. This topping can be premade as it gets better with aging.
13. FOR THE PICKLED KALE-ONIONS- Simmer soy, rice vinegar, lime juice, smoked paprika in a 2 quart pot under medium until it is reduced by half.
14. Pour over julienne onions and massaged kale and allow to cool. When cool, place in a mason jar and leave the lid open for at least two hours. When it cools off, place in refrigerator and keep for at least two weeks.
1. FOR THE RENEGADE KETCHUP-Heat oil in a pan. Add onion and peppers and saute until both are soft and beginning to caramelize.
2. Add cumin and cayenne and turn to blend.
3. Add tomatoes, sugar and salt, taste. Increase the heat to medium high.
4. Add rice vinegar and deglaze. Taste and adjust seasoning.
5. Incorporate the cooked lentils; lower the heat to low and cook for 5 minutes.
6. Remove from heat and allow to cool off.

