

Recipes for November

Onion, Pepper and Lentil Salad

This is another Moro recipe made a bit simpler. It makes a nice lunch as the lentils make it filling.

175 g brown lentils
300g small onions or spring onions
2 peppers
bunch of flat leaf parsley
sea salt and pepper

Dressing

4 Tbsp extra virgin olive oil
1 Tbsp of good quality red wine vinegar with $\frac{1}{2}$ tsp sugar **or** sherry vinegar
 $\frac{1}{2}$ clove garlic, crushed with a little salt

Cook lentils in a generous amount of water, simmering 15 - 20 minutes until tender but still holding their form; drain, season with salt and set aside.

Ideally grill peppers and onions on a bbq; put peppers which will blacken in a plastic bag and peel skin off when cool. Slice onions and peppers thinly. If you don't have the barbie lit you can sauté both in olive oil at medium low heat until completely softened; slice thinly before frying. Mix with lentils and parsley and dressing. Season with salt and pepper to taste.

Beetroot and Walnut Hummus

This recipe from Hugh Fearnley-Whittingstall is just delicious - it's a must try.

50g walnuts, lightly toasted
1 Tbls cumin seeds
1 Tbls tahini
1 garlic clove, crushed
juice of 1 lemon
 $\frac{1}{2}$ Tbls olive oil
half a slice of stale bread without the crust

200g cooked beets
ample sea salt and pepper

Blitz toasted nuts and bread in a food processor, then add beets, tahini, garlic, cumin seed, $\frac{1}{2}$ the lemon juice and $\frac{1}{2}$ the Tbls of olive oil, sea salt and pepper and continue blitzing until smooth. If needed add a splash of water to loosen. Adjust flavour by adding more lemon juice and/or olive oil and salt and pepper.

Beetroot Risotto with Greens

I've not tried this, but beetroot is so versatile and with the greens, I can see it working beautifully in risotto. If you try it, let me know what you think.

4 -6 cups (about 2 pints) vegetable or chicken stock
3 tablespoons butter with a splash of olive oil
1 medium onion, diced
1 $\frac{1}{2}$ cups (350g) Arborio (risotto) rice
1 cup white wine
2 tablespoons chopped fresh parsley
2 tablespoons chopped fresh basil
2 to 3 medium beetroots, peeled and grated
200g - 250g dark greens - kale, spinach or chard - finely chopped
sea salt and pepper to taste
grated peel and juice of 1 lemon
freshly grated Parmesan cheese, to serve

Bring the stock to a simmer. Heat the butter and oil in a separate pan over medium heat; add the onion, and sauté until soft. Add the rice, stir to coat well, cook for 1 minute. Add the wine and simmer until it's absorbed stirring, then stir in the parsley, basil, and the beets. Add 2 cups of stock, cover, and simmer until the stock is absorbed, stirring occasionally. Begin adding the remaining stock a ladle at a time, stirring constantly until each addition is absorbed before adding the next, until the rice is tender. When the rice is beginning to soften but still has a bite, stir in the greens. When cooked, season with salt and pepper, then stir in the lemon peel and juice. Top with parmesan.