

Barley and Lentil Chowder with Kale

Serves 6 to 8

This simple, stick-to-your-ribs winter soup is a perfect choice when it seems like the cupboard is almost bare. It's peasant cuisine at its best: inexpensive, but delicious and loaded with healthy ingredients.

2 tbsp	extra-virgin olive oil	25 mL
1½ cups	chopped onions	375 mL
1 cup	chopped carrots	250 mL
1 cup	chopped rutabaga	250 mL
4	cloves garlic, minced	4
10 cups	chicken stock or water	2.5 L
3 cups	chopped kale (or other winter greens, such as Chinese (napa) cabbage)	750 mL
½ cup	pearl barley	125 mL
½ cup	green lentils	125 mL
1 tsp	dried thyme	5 mL
½ tsp	dried sage	2 mL
1	large bay leaf	1
2 tsp	Worcestershire sauce	10 mL
1 tbsp	chopped fresh flat-leaf (Italian) parsley	15 mL
	Salt and freshly ground black pepper	

1. In the pressure cooker, heat oil over medium heat. Add onion and sauté for 5 minutes, until softened. Add carrots and rutabaga; sauté for 10 minutes, until vegetables start to brown and caramelize. Add garlic and sauté for 1 minute. Add chicken stock, kale, barley, lentils, thyme, sage, bay leaf and Worcestershire sauce.
2. Lock the lid in place and bring the cooker up to full pressure over high heat. Reduce heat to medium-low, just to maintain even pressure, and cook for 20 minutes. Remove from heat and allow pressure to drop naturally. Stir in parsley and season to taste with salt and pepper.

tofu and black bean stir-fry

serves 4

3 tbsp salted black beans, rinsed
 2–3 tbsp virgin coconut oil
 14oz/400g tofu, patted dry and cut into ½in/1cm slices
 1 in/2.5cm piece fresh root ginger, peeled and cut into matchsticks
 2 large garlic cloves, finely chopped
 1 cup/100g frozen edamame beans

3½ oz/100g sugar snap peas
 3½ oz/100g baby corn, halved lengthways
 2 tbsp tamari
 1 tsp sesame oil
 2 scallions (spring onions), sliced diagonally
 ground black pepper

1 Put the salted black beans in a small bowl and cover with hot water. Leave to soak for 30 minutes. Drain, reserving 4 tbsp of the water.

2 Heat a wok or large frying pan over a high heat. Add 2 tbsp coconut oil and, when melted, add half the tofu. Fry for 3 minutes on each side until golden. Remove from the wok and fry the remaining tofu, adding more coconut oil, if necessary. Set the tofu aside.

3 Add the ginger, garlic, edamame beans, sugar snap peas, and baby corn, then stir-fry for 2–3 minutes until slightly tender. Next add the black beans, reserved soaking water, tamari, sesame oil, and tofu, and cook for a further 2 minutes until heated through. Season with pepper and serve sprinkled with scallions.

health TIP

• **When stir-frying**, do not allow any oil you use to start smoking, as "burned" foods produce HCAs (heterocyclic amines), which are known to trigger cancers. Never use mass-produced refined oils, which have been hydrogenated. Buy good-quality peanut oil, coconut oil, or ghee butter for stir-frying.

Food as Medicine

• **Black beans** are a good source of protein and soluble fiber, important for bowel health, blood sugar regulation, and cholesterol management. They contain more antioxidants in the form of flavonoids than all other beans, due to their darker coating, and they are a high source of the trace mineral molybdenum, important for helping the liver detoxify sulfites and the by-products of the fungus *Candida albicans*.

LEMON RICE SOUP

This deliciously creamy soup is inspired by a traditional Greek soup called Avgolemono that features lemon and is thickened by egg. In this vegan version, egg is replaced with gram flour (see page 13 for more information) to thicken and add depth to the soup.

..... YIELD: 6 SERVINGS

½ cup (120 ml) lemon juice
(fresh squeezed is best)
Zest of 1 lemon
2 cloves garlic, minced
1 sweet onion, diced
2 small stalks celery, thinly sliced
6 cups (1.4 L) vegetable broth
¼ cup (30 g) gram flour, mixed
with ¼ cup (60 ml) water until
very smooth
1 cup (158 g) cooked white rice
½ cup (30 g) fresh chopped parsley
6 lemon wedges

In a medium-size soup pot, combine the lemon juice and zest, garlic, onion, celery, and vegetable broth and bring to a boil. Reduce the heat and simmer until the onions are soft, about 20 minutes.

Slowly whisk in the gram flour paste and stir well to prevent any lumps from forming. Stir in the rice and simmer for 10 to 15 minutes or until the soup thickens. Fold in the chopped parsley and let cool about 10 minutes before serving. Garnish with lemon wedges.

RECIPE NOTE

Lemons are such an integral part of Greek cuisine, you'll be hard pressed to find many Greek recipes that don't include them, whether sweet or savory. They perfectly complement the flavor of olive oil—another object of Greek infatuation—and are featured in everything from soups such as this one to sauces, pastas, beverages, cakes, cookies, and more. Lemon halves are also offered as edible garnish with almost every meal.

Lemony lentil and pasta soup

Serves 2

1 tbsp olive oil
1 onion, peeled and chopped
1 small garlic clove, peeled and finely chopped
1 carrot, peeled and chopped
400g can chopped tomatoes

50g (2oz) red lentils
900ml (1½ pints) vegetable stock
75g (3oz) dried fusilli or other pasta shapes
lemon juice, to taste
sea salt and pepper

- 1 Heat the olive oil in a pan and fry the onion, garlic and carrot for a few minutes to soften.
- 2 Stir in the tomatoes with their juice, the red lentils and stock. Bring to the boil, lower the heat and simmer for 30 minutes until the lentils are tender.
- 3 Meanwhile, cook the pasta in a large pan of boiling salted water according to the packet instructions until al dente (tender, but firm to the bite).
- 4 Once the lentils are cooked, stir in the drained pasta and a good squeeze of lemon juice. Season to taste, ladle into warm bowls and serve.

This satisfying soup can be assembled entirely from storecupboard ingredients. Serve with warm bread for a winter lunch or supper.

Воду довести до кипения, опустить нарезанный дольками картофель, снова довести до кипения, положить тонко нашинкованную капусту. Варить 10–15 мин, добавить свеклу, морковь и лук. Варить на слабом огне до готовности.



Минут за 10 до окончания варки ввести в борщ пассерованную муку, разведенную водой, перец и соль. Готовый борщ разлить по тарелкам и заправить толченым чесноком.



Грибной борщ

300 г свежих белых грибов, 2 ст. ложки растительного масла, 1 луковица, 2 небольшие свеклы, 4 клубня картофеля, 1–2 л воды, 1 ч. ложка муки, 2–3 ст. ложки измельченной зелени, 1 ст. ложка томата-пюре, уксус, соль.

Грибы очистить, вымыть, нарезать и потушить в масле с измельченным луком и томатом-пюре. Свеклу отварить с добавлением уксуса, очистить, натереть на крупной терке или нарезать соломкой. Картофель очистить, нарезать брусочками, отварить до полуготовности, добавить грибы с луком, свеклу, муку, разведенную в небольшом количестве холодной воды. Посолить по вкусу, перемешать, варить 10 мин. В готовый борщ добавить немного уксуса, разлить суп по тарелкам и посыпать зеленью.



Московский борщ

2 свеклы, 1 морковь, 1 луковица, 300 г белокочанной капусты, 1 стручок сладкого перца, 2–3 белых гриба,

воде на 2—3 час., затем варить в этой же воде. Отвар процедить и на нем готовить борщ без картофеля. Перед подачей в борщ положить нарезанные грибы.

РАССОЛЬНИК С КРУПОЙ

Кости 500 г, крупа перловая 2 ст. ложки, картофель 4 шт., морковь 1 шт., лук репчатый 1 шт., огурцы соленые 1—2 шт., томат-пюре 2 ст. ложки, маргарин 2 ст. ложки, сметана 2 ст. ложки; зелень укропа, соль, перец (по вкусу).

Готовят на мясном бульоне. Перловую крупу перебрать, хорошо промыть, залить кипятком и варить, закрыв крышкой, в течение 30 мин. Картофель нарезать брусочками. Нарезанные лук, морковь обжарить с жиром и томатом. Огурцы нарезать тонкими брусочками и припустить без кожи и семян.

В кипящий бульон положить предварительно сваренную перловую крупу и варить при слабом кипении до 20 мин., затем добавить картофель, обжаренную морковь, лук и варить 10 мин. Добавить соленые огурцы, соль, специи и варить до готовности.

В рассольник по вкусу можно добавить прокипяченный огуречный рассол.

При подаче на стол в тарелку положить кусок мяса, добавить сметану и посыпать зеленью.

Рассольник можно приготовить с рисом, который предварительно проваривают в течение 10—15 мин.