

## **PULSE ENTREES**

### **GREEN BEAN-STUFFED CHICK-PEA CREPES WITH GARLIC BUTTER**

Fred Lautenschlaeger



Well worth the work for this tasty dish. This was served to the Men's Group.

Makes 1 dozen 6 " crepes

The Crepes:

2/3 cup chick-pea flour (available In health food, Middle eastern and Indian stores)

½ tsp. salt or to taste

1 pinch sugar

½ cup milk

2 eggs, lightly beaten

2tbsp. peanut, corn or safflower oil

1tbsp. warm water

1. Sift chick-pea flour, salt, and sugar into a bowl. Make a well in centre and pour in milk, eggs and oil. Stir just enough to combine ingredients. Add water and stir through. Allow to stand at least 10 minutes, preferably longer.
2. With a small wad of waxed paper moistened with oil, spread a thin film over bottom of crepe pan or small skillet.
3. Heat pan over medium heat until a drop of water sizzles on the surface. Pour or ladle about 2 tablespoons of batter into pan. Tip and rotate quickly to coat bottom evenly. Pour any excess batter back in the bowl.
4. Cook until edges of crepe begin to curl and brown and surface turns from shiny to matte, about 30 seconds.
5. Have a clean dish towel spread on a work surface. Turn pan upside down over cloth and tap lightly, releasing crepe and allowing it to fall on cloth. The first crepe may stick or tear. Don't worry, the next one will be perfect.

6. Continue to make crepes in the same manner until all the batter is used.
7. Stack crepes until ready to fill.

#### The Green Beans:

1½ cups green beans, trimmed and cut diagonally into ½" pieces  
2 tbsp. butter, melted , ½ cup walnuts, pecans or cashews, chopped  
Salt and pepper to taste

1. Bring a saucepan half-filled with water to a rolling boil.
2. Drop in all the green beans at once. Return to the boil and cook from 5-10 minutes until beans are crisp tender.
3. Drain and refresh under cold running water.
4. Drain and return over slow heat. Pour melted butter over beans, stir to coat evenly and heat through.
5. Sprinkle nuts, salt, and pepper over beans and stir. Remove from heat.

#### The Sauce:

6 tbsp. melted butter  
2 tsp. minced garlic

1. Melt butter in a small skillet over a moderately low heat. When foam subsides, add garlic and saute, stirring for 30 seconds or until garlic is lightly golden.
2. Remove from heat and keep warm.

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#### Assembling Crepes and Serving:

Cooked green beans  
Garlic Butter Sauce

1. Preheat oven to 350 degrees.
2. Spoon 2 tbsp. beans on bottom third of crepe (browned side up).
3. Roll crepe, folding in sides to form a package, and place in greased baking pan.
4. Continue with each of the crepes until all 12 are filled.
5. Drizzle half the garlic butter over crepes and place in the centre of the oven. Bake for 15 minutes. Keep remaining garlic butter warm.
6. Remove from oven and place on serving dishes. Pour a little more garlic butter sauce over the crepes.

Suggestion: Can garnish with strips of roasted Italian peppers or boiled ham.

## PEPERONATA CASALINGA

Fred Lautenschlaeger

This vegetable stew is best made a day ahead so the flavors can blend.



Serves 4-6

2 medium eggplants, rinsed

¼ cup light Tuscan olive oil

1 medium onion sliced thin (1 cup)

1 tsp. minced garlic

2 medium to large sweet red peppers, cored, seeded, and chopped into 1" dice

4 ripe tomatoes, peeled, seeded and chopped coarse

1 cup cooked or canned cannellini beans, drained and rinsed

½ tsp. red pepper flakes

Salt and fresh ground pepper to taste

1. Pare the skin from eggplants in long ½" wide strips. Cut strips into ½' pieces and set aside; reserve rest of eggplant for another use.
2. Heat the oil in a saute pan or medium saucepan until rippling. Add onion and saute about 7 minutes, stirring frequently. Add garlic and continue to saute until both are golden, about 10 minutes all together.
3. Add peppers and saute about 2 minutes more. Add eggplant skin. Cook, stirring occasionally, for about 5 minutes.
4. Stir in tomatoes, beans and red pepper flakes. Cook uncovered until tomato liquid has evaporated, about 15 minutes.
5. Remove from heat and taste for seasoning. Add salt to taste and a good amount of freshly ground pepper. Allow to cool slightly and serve warm.

Make Ahead: The peperonata can be refrigerated for up to 3 days. Reheat gently before serving.

## CANNELLINI BEANS WITH CINNAMON AND TOMATOES

Serve this Turkish mezze warm, or enjoy it cold the next day, when it makes a great lunch to take with you to work.



Serves six.

2 tbsp olive oil

2 onions, peeled, halved and finely sliced

1 cinnamon stick, broken in two

1 bay leaf

3 cloves garlic, peeled and finely sliced

2 400g tins cannellini beans, drained and rinsed

Chicken or vegetable stock (or water)

½ tsp chilli flakes or paprika

400g tinned chopped tomatoes

½ tsp sugar

70g black olives, stoned and roughly chopped (optional)

Juice of 1 lemon

1 handful parsley, tough stalks removed, coarsely chopped

1 handful coriander, tough stalks removed, coarsely chopped

Salt and freshly ground black pepper

Yogurt, to serve

Warm the oil in a heavy-bottomed saucepan over a medium-low heat. Add the onions, cinnamon and bay leaf, and sweat, stirring frequently, until the onions are very soft, about 15 minutes. Add the garlic and fry for a couple of minutes more.

Tip in the beans and add just enough stock barely to cover the beans. Let it bubble away for 10 minutes, then add the chilli flakes, tomatoes, sugar and olives (if using),

and simmer, uncovered, for 15 minutes, stirring from time to time, until the tomatoes have reduced into a thick sauce.

Add the lemon juice, leave to cool slightly, then stir in the parsley and coriander. Season to taste, and serve with a little yogurt dolloped over the top and warm flatbreads or pitta on the side

## JAMAICAN RICE AND PEAS

Kate Chung

Traditionally the “peas” are [pigeon peas](#), often substituted with kidney beans



3 cups uncooked rice (converted is healthier than white)  
2 cans red kidney beans, drained and rinsed  
2 medium cloves garlic – crushed  
1 bunch green onions or scallions, chopped  
1 tbsp. dried thyme (or a bunch of fresh thyme)  
salt (maybe 1/16 tsp)  
black pepper (about 1/4 tsp)  
crushed red chili peppers (about 1/16th tsp or to taste)  
soya sauce (about 1/4 cup)  
water to cover - Should be about one inch above top of the rice

Cook on lowish heat until rice is done. About 30 minutes.

Tastes even better next day.

Good with soy sauce on it, or sauce/gravy of whatever else you are serving.

Note: Tastes even better with about 3 ounces of coconut cream added - melting in & stirring when water comes to boil. I left this out due to its high cholesterol.