

SOUP IT FORWARD THE SOUP SISTERS WAY!

Get ready to prepare Spicy Moroccan Lentil Soup



Jaime Harling is considered one of the most talented young chefs in Calgary, and has held the top chef position at both Rouge and Deane House, two of the most prestigious fine dining gigs in town. His new venture, Harling Food Co., gives Harling the freedom to only do kitchen work when it fits his personal schedule. While he's flexible and will do more traditional catering if there's a demand, the new company's specialty is private dinner parties. His wife, Brit Hart, just happens to be a wine expert, so she brings her flair and expertise for the beverage pairings.

spicy moroccan lentil soup

Jamie Harling

I was inspired to make this soup following my travels in North Africa. The spice mixture reminds me of the flavors of Morocco, one of my favorite countries in the world. When I came up with this recipe it was also the year of the pulse so it only made sense to produce a lentil soup!

Makes 6 to 8 servings

- 1 Tbsp cumin seeds
- 1 Tbsp coriander seeds
- ¼ tsp whole black peppercorns
- 5 sprigs fresh thyme
- 2 whole star anise
- 2 bay leaves
- 1 cinnamon stick
- 3 Tbsp canola oil
- 1 medium onion, finely chopped
- 2 stalks celery, finely chopped
- 2 Roma tomatoes, finely chopped
- 1 medium carrot, peeled and finely chopped
- 1 sweet red pepper, roasted, seeded and finely chopped
- 1 Tbsp smoked paprika
- ½ tsp red chili flakes
- 1½ cups red lentils, rinsed and drained
- 1 Tbsp tomato paste
- ½ cup white wine
- 8 cups water
- 3 Tbsp cold butter, cubed
- 3 Tbsp red wine vinegar, or to taste
- Salt to taste



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The Soup Sisters and
Broth Brothers Cookbook
by Jamie Harling



Make this soup even heartier by topping each serving with crumbled cooked merguez sausage, crumbled feta or a dollop of salsa verde (a bright sauce made with fresh herbs, capers, anchovies, garlic, oil and lemon).

If you omit the butter, this soup is suitable for vegans.

VEGETARIAN

Gluten free



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1. In a small, dry skillet over medium heat, toast the cumin and coriander seeds and black peppercorns, stirring often, until they begin to release their aromas, about 2 minutes. Remove from the skillet and, once cooled grind in a spice grinder or clean coffee grinder. Set them aside.
2. Place the thyme sprigs, star anise, bay leaves and cinnamon in a piece of cheesecloth and tie to make a bouquet garni.
3. In a large pot, heat the oil over medium-low heat. Add the onion and cook, stirring often until it is translucent, about 4 minutes.
4. Add the celery, tomatoes, carrot and roasted pepper. Cook, stirring often, until the vegetables begin to soften, about 5 minutes.
5. Add the ground spices, bouquet garni, paprika and red chili flakes. Then add the lentils and tomato paste and stir quickly, ensuring all the ingredients are combined.

6. Remove the pot from the heat and deglaze with the white wine, stirring to scrape up all the bits from the bottom of the pot. Return the pot to the heat and allow to cook until the liquid has almost evaporated.
7. Add the water and bring to a bowl over medium-high heat. Once boiling, reduce the heat to medium-low and simmer uncovered, until the vegetables and lentils are tender, 20 to 25 minutes.
8. Remove the pot from the heat. Remove the bouquet garni. Using a food processor or immersion blend, purée the soup until smooth. As you are blending, slowly add the butter. Season to taste with red wine vinegar and salt.
9. If the soup is too thick, add a little more water (or vegetable or chicken stock) until the soup achieves a desired consistency. Ladle the soup into warm bowls and enjoy.

Roasted Sweet Pepper

Preheat the broiler to high. Broil a whole sweet pepper about 4 inches from the heat and turning often, until completely charred, 10 to 15 minutes. Put the pepper in a bowl and cover with plastic wrap. When the pepper is cool, hold it over a bowl to collect any juices, then peel off the skin and remove the stem, membranes and seeds.