

Saskatchewan Recipes

Ricardo and Friends, a cooking television program that airs on the *Food Network*, is packed with all the right ingredients. Ricardo Larrivéé, the host, appreciates all aspects of the creation of recipes beginning with the people who are producing the food he uses to cook.

Buying locally is something he is passionate about, and, after visiting Saskatchewan farms while working on an episode of his program, he insists the province produces the best barley, lentils, and wild rice in the world.

These recipes were created by Ricardo, using the Saskatchewan crops that he visited in the summer of 2008. Try one today!

Indian Red Lentil Soup

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Preparation time: 20 minutes

Cooking time: 25 minutes

Yield: 4 servings

1 onion, chopped
2 cloves garlic, chopped
1 carrot, finely chopped
45 ml (3 tablespoons) butter
5 ml (1 teaspoon) curry powder
15 ml (1 tablespoon) grated fresh ginger
1.25 litres (5 cups) chicken broth
250 ml (1 cup) coconut milk
30 ml (2 tablespoons) tomato paste
180 ml (3/4 cup) red lentils
Salt and pepper

In a large saucepan over medium heat, soften the onion, garlic and carrot in the butter. Add the curry powder and cook for 1 minute.

Add the ginger, broth, coconut milk and tomato paste. Bring to a boil and add the lentils. Reduce the heat, cover and simmer for 20 minutes. Adjust the seasoning.

Serve with pita or nan bread.

Barley Pilaf with Roasted Root Vegetables

Preparation time: 15 minutes

Cooking time: 40 minutes

Yield: 4 servings

1 onion, finely chopped
30 ml (2 tablespoons) butter
125 ml (1/2 cup) pearl barley
375 ml (1 1/2 cups) chicken broth
375 ml (1 1/2 cups) diced rutabaga
2 carrots, cut into 1/2-cm (1/4-inch) rounds
1 sprig thyme
30 ml (2 tablespoons) olive oil
Salt and pepper

With the rack in the middle position, preheat the oven to 180°C (350°F).

In a saucepan over medium heat, soften the onion in the butter. Add the barley and cook for about 2 minutes, stirring constantly. Season with salt and pepper. Add the broth and bring to a boil. Reduce the heat, cover and simmer gently until the barley is tender, 30 to 40 minutes. Adjust the seasoning.

Meanwhile, in an ovenproof non-stick skillet over medium-high heat, brown the rutabaga, carrots and thyme in the oil. Season with salt and pepper. Transfer to the oven and roast, stirring frequently, until the vegetables are tender, about 30 minutes.

Stir the vegetables into the barley. Adjust the seasoning.

Wild Rice and Peach Salad

Preparation time: 15 minutes

Cooking time: 1 hour

Yield: 6 servings

Rice

180 ml (3/4 cup) wild rice

1 litre (4 cups) salted water

125 ml (1/2 cup) jasmine rice

250 ml (1 cup) salted water

Dressing

15 ml (1 tablespoon) soy sauce

10 ml (2 teaspoons) brown sugar

45 ml (3 tablespoons) red wine vinegar

125 ml (1/2 cup) sunflower oil

Salt and pepper

Garnish

500 ml (2 cups) peeled and diced peaches (see note)

1 green onion, chopped

1/2 red or yellow bell pepper, cut into small dice

Rice

Place the wild rice and the litre of salted water in a saucepan and bring to a boil. Cover and simmer over medium heat for about 1 hour. Drain. Transfer to a bowl and let cool.

In another saucepan, bring the jasmine rice and the 250 ml salted water to a boil. Stir, cover, reduce the heat to minimum and simmer for 15 to 20 minutes.

Dressing

In a bowl, whisk together all the ingredients. Season with salt and pepper.

In a salad bowl, toss the wild and jasmine rice, peaches, green onion, bell pepper and dressing. Season with salt and pepper.

Note

To make it easier to peel the peaches, plunge them in boiling water for 30 seconds to 1 minute, depending on ripeness. Immediately plunge them in cold water, then slide off the skins with your fingers.

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