

**COOKING WITH DAVE**  
**RECIPES FROM**



**February 2021**

# Muhammara

## Ingredients:

- 4 red bell peppers, roasted, peeled and seeded
- 2 Cups roasted walnuts or pecans
- 1 1/3 Cups toasted breadcrumbs
- 4 tsp pomegranate molasses
- 4 garlic cloves
- 2 tsp red pepper flake
- 4 Tbsp. lemon juice
- 2 tsp kosher salt
- 1 tsp ground cumin
- ½ tsp ground black pepper
- ½ Cup Extra Virgin Olive Oil

## Directions:

In a food processor, puree the bell peppers and walnuts until a rough paste is formed.

Add the rest of the ingredients and puree until smooth, scraping the sides of the bowl occasionally.

Add more oil as needed to ensure a thick, smooth spread. Adjust seasonings to taste.

# Lentil-Miso Soup

## Ingredients:

- 1 Cup diced Spanish onion
- 1 Cup diced yellow bell pepper
- 3 tbsp chopped garlic
- 2 Lbs. petite crimson lentils
- 1 Cup white wine
- 2 Quarts vegetable stock
- 3/4 cup white miso paste
- 1/2 cup tomato paste
- kosher salt and ground white pepper to taste
- 1tsp chili powder
- 1tsp cayenne pepper
- 1 1/2 Cups diced shitake mushrooms
- 2 tbsp butter
- 1/4 cup chopped parsley, plus more for garnish
- olive oil for cooking
- pomegranate molasses and chickpeas for garnish

## Directions:

In a medium sauce pot sauté the onions and peppers on medium high heat until onions are slightly translucent.

Add the garlic and toast. Next add the lentils and sauté for 1 minute until lightly toasted.

Deglaze the pot with the white wine and reduce by half.

Add the vegetable stock, miso paste, tomato paste, salt, white pepper, chili powder and cayenne pepper and bring to a boil. Turn down to a simmer and cook for 30 minutes, stirring occasionally until the lentils and vegetables are soft.

Remove from heat and puree in batches in a blender then pass through a fine mesh strainer to remove solids.

In a medium sauce pot sauté the mushrooms until soft and browned.

Add the pureed soup mixture back in and stir to combine. Add parsley and butter and stir to combine.

Adjust seasonings and ladle into bowls before garnishing with more chopped parsley and a drizzle of pomegranate molasses. Top with toasted chickpeas.

# Curry Vinaigrette

## Ingredients:

- 1/4 C red wine vinegar
- 3 tbsp lemon juice
- 1 tbsp maple syrup
- 1 clove garlic, chopped
- 2 tbsp Dijon mustard
- 2 tbsp Madras Curry Powder
- salt & pepper to taste
- 1 C extra virgin olive oil

## Directions:

Combine vinegar, lemon juice, maple syrup, garlic, mustard, curry powder, and a pinch each of salt and pepper in a blender.

Blend on high while adding the oil slowly until a thick emulsion is formed.

Can be stored in the fridge in an air-tight container for 3-4 weeks. Use for dressing on the Roasted Cauliflower Salad.

# Butternut Squash Farro Risotto

## Ingredients:

- 4 C veg stock, divided
- 1 C farro
- 1 tbsp salt
- 1.5 C butternut squash puree, divided
- 2 tbsp olive oil
- 1 clove garlic, chopped
- 1 C roasted butternut squash chunks
- 1 C spinach
- 2 tbsp butter
- salt & pepper to taste

## Garnishes:

- pomegranate molasses
- roasted cashews, rough chopped
- cashew cheese (optional)

## Directions:

In a medium pot, combine the farro with 3 C veg stock and the tbsp salt. Bring to a boil and cook for 15 mins so the farro is 90% done to al dente. Add 1 C butternut squash puree and continue to simmer for about 10 minutes to make it creamy.

In a large saute pan, heat oil over medium heat and add the garlic. As the garlic begins to turn golden, add the roasted butternut squash chunks. Saute for a few more mins, then add the creamy farro to the pan. Add the remaining veg stock, spinach, butter and salt and pepper to taste.

Scoop onto serving dishes and drizzle with pomegranate molasses. Sprinkle cashews and cheese on top.