

Cama's Feast

WINERY

♥ February 2013 Cellar Club Party ♥

MEDITERRANEAN LENTIL SOUP WITH APRICOT CHUTNEY, CRUMBLLED FETA, AND CILANTRO

Paired with 2009 Merlot

Yield: 6 servings

INGREDIENTS:

¼ CUP OLIVE OIL
1 TABLESPOON GINGER, FRESH GRATED
2 TABLESPOONS GARLIC, MINCED
2 CUPS YELLOW ONION, DICED
1 TABLESPOON TURMERIC POWDER
1 TABLESPOON MUSTARD POWDER
2 TEASPOONS GROUND CUMIN
½ TEASPOON CAYENNE PEPPER
½ TEASPOON CINNAMON, GROUND
8 CUPS VEGETABLE STOCK
2 CUPS BROWN LENTILS, PICKED OVER,
AND RINSED WELL
KOSHER OR SEA SALT
¼ CUP LEMON JUICE
2 TABLESPOONS CILANTRO, CHOPPED
¼ CUP FETA CHEESE, CRUMBLLED
½ CUP APRICOT CHUTNEY (RECIPE BELOW)

METHOD:

1. Heat the olive oil over medium heat in a Dutch oven (or large heavy pot).
2. Add the ginger, garlic and onion and cook until the onions are translucent, about 10 minutes.
3. Add the turmeric, mustard powder, cumin, cayenne and cinnamon and cook for 2 minutes.
4. Add the vegetable stock and lentils and bring to a boil, stirring often.
5. Reduce heat to a simmer and continue stirring often. Simmer until the lentils are soft, falling apart, and the soup is thickening. Using a hand blender, puree the soup lightly for a smoother texture (do not over-puree the soup).
6. Adjust the seasoning with salt (and more cayenne pepper if you like it spicy), then add the lemon juice, 1 tablespoon at a time to brighten the flavor. The soup should not be lemony, so you may not need all of the lemon juice.
7. Mix the crumbled feta cheese with the cilantro in a separate bowl and reserve to garnish the soup.
8. In a small saucepan, warm the chutney to take the 'chill' off, and to keep it from cooling off the soup when served.
9. Serve the soup in preheated bowls and top with a spoonful of the chutney, and a sprinkling of the cilantro and feta cheese mixture. Serve immediately.

»» **APRICOT CHUTNEY** ««

Yield: 1 ½ cups

INGREDIENTS:

½ CUP WHITE WINE VINEGAR
½ CUP WATER
1 CUP BROWN SUGAR
½ CUP GRANULATED SUGAR
1 CUP DRIED APRICOTS, DICED
½ CUP RAISINS
½ CUP ONION, DICED
2 TABLESPOONS STONE GROUND MUSTARD
1 TABLESPOON GINGER, FRESH, MINCED
½ TEASPOONS CINNAMON, GROUND
½ TEASPOON RED PEPPER FLAKES
¼ TEASPOON ALLSPICE, GROUND
1 TABLESPOON SALT

METHOD:

1. In a large bowl, combine apricots and raisins with warm water until covered. Let stand for 30 minutes. Drain.
2. In a large stainless steel pot or Dutch oven, combine vinegar, water, sugars, apricots, raisins, onion, mustard, ginger, cinnamon, red pepper flakes, allspice and salt. Stir well.
3. Bring to a boil over medium-high heat. Reduce heat and simmer gently, stirring frequently, about 20 minutes.
4. Cool and refrigerate until use. Keeps for 3 weeks under refrigeration.

*Recipe by Chef Wendy Bennett of Wine Country Cooking Studio
www.winecountrycookingstudio.com*