



# In the Kitchen

with Barb Agee - May 2017

## Cooking with Oils



IT'S ALL IN THE OIL. That is the secret to better cooking with every day and specialty oils that will elevate your cooking and create healthier, tastier dishes.

### Warm French Lentil Salad with Smoked Sausage

1½ cups du Puy lentils (also called French lentils)  
3 fresh thyme sprigs  
2 bay leaves  
3 large garlic cloves, smashed  
2 carrots, peeled, split lengthwise and sliced  
8 ounces cooked smoked sausage, cut lengthwise  
1 cup dry white wine or dry white vermouth  
2½ tablespoons red wine vinegar; divided  
2 teaspoons Dijon mustard

Kosher salt  
4 tablespoons extra-virgin olive oil  
2 tablespoons walnut oil  
¼ cup fresh flat-leaf parsley, chopped  
4 to 5 scallions, finely sliced  
4 cups torn frisée  
3 radishes, thinly sliced  
Freshly ground black pepper

Pick over and rinse the lentils, put them in a 4 quart saucepan. Add the thyme, bay leaves, garlic and carrots. Fill the pan with cold water to cover the lentils by about 2-inches; bring to a boil over medium-high heat. Immediately lower heat to a gentle simmer and cook uncovered until just tender, 20 to 25 minutes. Add additional water if necessary.

Meanwhile, put the sausage in a small saucepan. Add the wine and enough water to cover the sausage by ½-inch. Bring to a boil; reduce heat and simmer for 5 to 10 minutes.

While the lentils and sausage simmer, make the vinaigrette. In a medium bowl, whisk 1½ tablespoons vinegar with mustard and a pinch of salt. In a steady stream, whisk in the olive oil and walnut oil. Season with salt to taste.

Drain the lentils and remove the bay leaves, thyme stems and garlic. Transfer to a large bowl, and add 1 teaspoon salt and remaining vinegar, tossing to coat. Drain the sausage and cut into ¼-inch half rounds. Add the sausage and vinaigrette to lentils, tossing to coat. Add the parsley, scallions, frisée and radishes; toss to mix. Season with a generous amount of black pepper. Serve immediately. Serves 6



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### Potato Nachos with Pinto Beans and Spinach

2 pounds small to medium-sized Yukon Gold potatoes	2 cups (about 8 ounces) cheddar cheese, shredded
Avocado oil	1 cup salsa
Salt	5 green onions, thinly sliced
Two 15 ounce cans pinto beans, drained and rinsed	½ cup black olives, sliced
6 cups baby spinach, coarsely chopped	Hot sauce or Greek yogurt ( <i>optional</i> )

Arrange 2 racks to divide the oven into thirds and heat to 375°F. Cut the potatoes into ¼-inch thick slices. Place potatoes in a large bowl and drizzle with 1 tablespoon avocado oil; toss to coat. Arrange the potatoes on 2 rimmed baking sheets making sure the potatoes do not overlap. Bake until fork-tender, 15 to 20 minutes.

Remove from oven. Transfer potatoes to a large pizza pan, covering the bottom of the pan as much as possible. Sprinkle with salt. Top with beans, spinach, cheese, salsa, black olives and green onions. Bake until warmed through and the cheese is melted, about 10 minutes. Drizzling more avocado oil over the nachos before serving. Serve with additional salsa and Greek yogurt. *Serves 6 to 8*

### Chick-Pea with Spinach, Raisins and Pine Nuts

6 tablespoons sunflower oil, divided + more for finish	⅔ cup vegetable stock
1 small onion, thinly sliced	1 pound fresh spinach leaves,
1 glove garlic, chopped	⅓ cup raisins
3 cups red potatoes, peeled and cubed	Pinch nutmeg, fresh grated
2 teaspoons cumin seeds, lightly crushed *	Salt and pepper
2 teaspoons sweet paprika	Juice of ½ lemon
1 teaspoon chili powder	3 tablespoons pine nuts, toasted
One 14 ounce can chick-peas	

Heat 4 tablespoons oil in a nonstick skillet and fry the onion over medium-high heat until softened. Add garlic and fry for 1 minute. Add the potatoes and spices and fry for 10 minutes, until golden. Add the chick-peas, their liquid and the vegetable stock. Cover and simmer for 10 minutes or until the potatoes are cooked.

Meanwhile, trim and wash the spinach and roughly chop. Heat the remaining oil in a large pan. Stir-fry the spinach for 3 minutes, until just wilted. Stir in the potato mixture and raisins and cook 2 minutes. Season with nutmeg, salt and pepper and a squeeze of lemon juice. Top with pine nuts and a drizzle of sunflower oil. *Serves 8*

\* or substitute ½ teaspoon ground cumin

### Butternut Squash Pasta Salad

One 2 pound (about 6 cups) butternut squash	¾ pound fusilli
¼ cup + 2 tablespoons red wine vinegar	¼ cup + 1 tablespoon hazelnut oil
2 tablespoons extra-virgin olive oil	1 head of Treviso or ½ a small head of radicchio, thinly sliced
1 tablespoon honey	½ cup packed parsley leaves
Kosher salt	Shaved Pecorino or Romano cheese
Pepper	

Heat the oven to 425°F. Peel, seed and cut butternut squash into ¾-inch pieces.

In a large bowl whisk together ¼ cup vinegar, olive oil and honey. Add the squash pieces; toss to coat. Spread the squash on a rimmed baking sheet. Season with salt and pepper. Roast for about 20 to 25 minutes, tossing halfway through, until browned and glazed. Set aside.

Meanwhile, in a large pot of salted boiling water, cook the pasta until al dente. Drain; toss with 3 tablespoons of the hazelnut oil.

In a large bowl, whisk the remaining 2 tablespoons of vinegar and 2 tablespoons of hazelnut oil. Stir in the squash, Treviso and parsley. Fold in the pasta. Season with salt and pepper. Serve warm or at room temperature with the shaved cheese. *Serves 8*