



at home with
Vicki Bensinger
In-Home Culinary Classes

COZY VALENTINE MENU

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COZY LENTIL SOUP

SERVES 6

INGREDIENTS:

- 2 tablespoons extra-virgin olive oil
- 1 yellow onion, diced small
- Sea salt
- 2 carrots, peeled and diced small
- 2 celery stalks, diced small
- 1 medium butternut squash, peeled, seeded, and cut into 1/2-inch cubes
- 1 teaspoon curry powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground turmeric
- 1/4 teaspoon ground coriander
- 1/4 teaspoon ground cinnamon
- Pinch of red pepper flakes
- 1 cup dried green lentils, rinsed well
- 8 cups organic vegetable broth or chicken broth
- 1 cup tightly packed, stemmed, and thinly sliced kale

DIRECTIONS:

1. Heat the olive oil in a Dutch oven or heavy soup pot over medium heat.
2. Add onions and a pinch of salt. Sauté until translucent, about 4 minutes. Add the carrots, celery, squash, and another pinch of salt (if desired) and sauté until all of the vegetables are just tender, about 5 minutes.
3. Add curry powder, cumin, turmeric, coriander, cinnamon, 1/4 teaspoon of salt, and red pepper flakes and give a stir. Add the lentils and stir to coat.
4. Pour in 1/2 cup of the broth to deglaze the pot, stirring to loosen any bits stuck to the pot, and cook until the liquid is reduced by half.
5. Add the remaining broth. Increase heat to high and bring to a boil. Decrease heat to low, cover, and simmer until lentils are tender, about 20 to 25 minutes.
6. Stir in the kale and cook until it's tender, about 3 minutes.
7. Taste and adjust seasoning if needed.

NOTES:

- **VARIATION:** Substitute fennel, which is a good digestive aid, for the celery to add more depth to the flavor.
- Store in mason jars in the refrigerator for up to 5 days or in an airtight container in the freezer for up to 2 months.

BROCCOLI FLATBREAD

YIELD: APPROXIMATELY 8-12 RECTANGULAR PIECES

*If you're a bread lover you'll love this gluten-free vegetarian **Broccoli Flatbread** even if you're not gluten-free. It's so flavorful, you won't be able to stop eating it. Enjoy it sandwiched around your favorite foods; for breakfast topped with avocado & eggs; the base for pizza, as a side with soup, or anyway you choose. Or simply enjoy it solo..*

INGREDIENTS:

- 1 large head of raw broccoli
- 1 cup almond flour / ground almonds
- 4 eggs
- 1 tsp dried herbs of choice (oregano, thyme, lemon pepper), optional
- sea salt and black pepper to taste

DIRECTIONS:

1. Preheat the oven to 400°F and line a baking tray with parchment paper.
2. Coarsely chop the broccoli (the stem too), place in food processor and blend to a fine rice-like texture.
3. Measure 4 cups of the vegetable 'rice' and place in a mixing bowl. Add almond flour (ground almonds), salt and pepper (plus herbs, if using) and mix with your hands.
4. Make a well in the center and add eggs. Whisk the eggs with a fork.
5. Use your hands to pull the dry ingredients towards the middle until everything is combined and you can shape it into a ball. It should be more loose and wet than a traditional bread dough.
6. Transfer dough to parchment paper and form into a rectangular base by flattening the dough with your hands.
7. Bake on the middle rack in the oven for 23-25 minutes or until slightly golden and firm.
8. Remove from oven and allow to cool completely.
9. Place a cutting board or another sheet pan on top of the cooked flatbread. Turn it upside-down and carefully remove the baking paper. Cut into bread-sized slices and store in the fridge.

Notes: *In addition to the Broccoli Flatbread you can also create a Beet Flatbread or Carrot Flatbread. Following the recipe above only subbing out the broccoli for 1/2 cauliflower & 1/2 beets or carrots.*

VALENTINE'S DAY TRUFFLES

MAKES APPROX. 20

INGREDIENTS:

- 1/2 cup heavy cream
- 10 ounces of dark chocolate
- 2 teaspoons flavored balsamic vinegar (raspberry, strawberry, etc.), or liqueur, **optional**
- Sprinkles or Jimmies

DIRECTIONS:

1. Put cream in microwaveable safe bowl. Heat on high until cream starts to simmer, about 1 to 1 1/2 minutes.
2. Add chocolate, allow to sit for 5 minutes without stirring.
3. Stir chocolate and cream together until smooth and glossy, add flavoring if desired.
4. Lay film of plastic wrap onto chocolate sealing around edges. Refrigerate for 2 hours or longer to firm ganache.
5. Using a mini ice cream scoop or teaspoon, portion out ganache, then roll into a 1-inch ball with your hands. Immediately roll into topping of choice, until completely coated. Set on a foil, parchment lined tray, or mini baking cups.
6. Refrigerate truffles once coated.
7. Serve on a platter or in gift boxes for all to enjoy!

Note: Can divide melted mixture up to put flavorings in. If so be sure if dividing in half to only use 1 teaspoon per divided mixture or less depending on how dividing up.