



Social Media In Agriculture



FACT SHEET

Paddock to Plate

Lentils – a recipe for success

Peter and Cherry Farrow from Wool Bay on the Yorke Peninsula of South Australia show us how the lentils they have been growing now for twenty years can be part of a delicious meal, prepared in Cherry's kitchen. Cherry prepares a lentil salad with lentils taken straight from the paddock, topped with lean lamb chops and haloumi cheese. Peter and his agronomist Bill Long discuss how sustainable farming practices enable them to use lentils straight from the paddock with minimal preparation. <http://youtu.be/JyQ64nN8Jyo>



Lamb Lentil & Haloumi Salad – Serves 6



For further information about Ag Ex and to get involved
go to the Ag Excellence Alliance website www.agex.org.au



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1 cup (200g) dried green or brown lentils (10.5)
2 cups water (0)
1 garlic clove, crushed (0)
250g haloumi cheese (20.5)
2 tblspns plain flour (.5)
2 tblspns coconut or macadamia oil (6)
12 french trimmed lamb chops (24)
Vegeta vegetable stock to sprinkle (0)

Salad Ingredients

1 red onion, thinly sliced (0)
1 continental cucumber, halved, thinly sliced (0)
3-4 tomatoes, diced (0)
Bunch mint (20g), chopped (0)
2 tblspns lemon juice (0)
1 tblspn extra virgin olive oil (3)
Sea salt & cracked black pepper (0)
Sticky Balsamic Dressing (3)

Place lentils in a strainer or colander, rinse thoroughly under running water and pick over to remove any shriveled lentils, debris or rocks.

Transfer rinsed lentils to a saucepan and add the water and crushed garlic. Bring to boil, uncovered, over medium high heat then reduce heat to maintain a gentle simmer where there is still bubbling and movement in the lentils. Cook for approximately 20-25 minutes. Add hot water, if necessary, to keep lentils covered with water. Lentils should be firm but easy to bite (soft with a little crunch) and maintain their shape when cooked for this salad. **DO NOT OVERCOOK!**

Once cooked, drain and rinse under cold water and add to salad ingredients.

Place oil in a small non stick fry pan and heat over medium high heat. Flour haloumi cheese on two long sides, shake off excess and add to hot pan and cook for approximately two minutes each side. Turn down heat if necessary so cheese does not burn. Place cooked cheese on paper towel and keep warm.

Sprinkle chops with Vegeta vegetable stock and add to hot pan cooking each side for approximately 3 minutes. Drain on paper towel and keep warm.

Combine lentils and salad ingredients and season with salt & pepper.

To serve, place lentil salad on plate and top with chops then haloumi cheese and drizzle with sticky balsamic dressing.

Variation - have this meal with just the Haloumi cheese and no chops – still very very tasty.

Per serve without chops

Another variation - have this meal with lamb chops and no Haloumi Cheese – mm mmmm!

Per serve without Haloumi

Follow the link for the recipe: http://www.inspireandinform.com.au/files/rvjslhdirj/Lamb-Lentil-&-Haloumi-Salad_recipe.pdf

For the lowdown on lentils and your health go to:

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=52>

Also, check out Cherry's Lifestyle & Weight Management Solution, www.inspireandinform.com.au

This is another video supported by the Social Media in Agriculture project funded by Australian Government's Caring for our Country initiative.

