



SAINT MARK'S
EPISCOPAL CATHEDRAL

Cooking Circle Recipes of January 27

Red Lentil and Butternut Squash Soup

A very flexible and forgiving soup. Ground spices are suitable instead of whole, if needed.

<https://www.thekitchn.com/palestinian-red-lentil-squash-soup-266068>

Ingredients

For the soup

- 2 pounds butternut squash, peeled and cut into 1-inch pieces
- Olive oil, or any neutral oil
- 2 onions, finely chopped
- 4 garlic cloves, crushed
- 3/4 teaspoon cumin seeds
- 3/4 teaspoon coriander seeds
- 1/2 teaspoon ground cinnamon
- 3/4 cup dried red lentils, rinsed
- 3 cups vegetable or chicken stock
- Juice of 1/2 lemon
- Sea salt and freshly ground black pepper

For the toppings:

- 2 slices stale bread (I like to use sourdough for taste and texture)
- 2 tablespoons za'atar
- Extra-virgin olive oil
- Chopped parsley or cilantro leaves

Instructions:

1. Preheat the oven to 400°F.
2. Place the butternut squash on a baking sheet and drizzle with cooking oil. Toss the chunks so they are evenly coated in the oil, then roast for 20 to 30 minutes, until they are soft.
3. Heat 3 tablespoons cooking oil in a large saucepan, add the onions and fry for 10 minutes over a medium heat. Add the garlic, reduce the heat and cook for another few minutes.

4. Meanwhile, toast the cumin and coriander seeds by stirring them in a dry pan over a low heat for a minute until their aromas are released. Grind the seeds in a mortar and pestle or a spice grinder, then add them and the cinnamon to the saucepan with the softened onions. Fry the spices for a few minutes.
 5. Add the lentils and 1 quart of just-boiled water. Cover and simmer the soup for 10 minutes.
 6. Once the lentils have softened, add the squash, stock, lemon juice, 1 teaspoon salt and 1/2 teaspoon pepper. Leave to simmer for another 10 minutes.
 7. Once the lentils are fully cooked, take the pan off the heat and blend the soup with a hand-held blender. Taste and adjust the seasoning to your preference.
 8. To make the croutons, roughly chop the bread into 1-inch chunks. Heat 3 tablespoons cooking oil in a frying pan and, once it is very hot, add the bread and sprinkle over the za'atar. Fry the bread, stirring frequently, until it is toasted and crunchy. Place the croutons on a paper towel to soak up any excess oil.
 9. To serve, ladle the soup into warmed bowls, top with the croutons and finish with a drizzle of extra-virgin olive oil and a sprinkling of chopped herbs.
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Fattoush Salad

The last two ingredients are typically available at Oskoo market in Bellevue.

<https://www.themediterraneandish.com/fattoush-salad/>

For the salad

- 2 loaves pita bread
- Extra virgin olive oil
- Kosher salt
- 2 tsp sumac, divided, more as needed
- 1 heart of Romaine lettuce, chopped
- 1 English cucumber, cut in half, seeds scraped, then chopped or sliced into half moons
- 5 Roma tomatoes, chopped
- 5 green onions (both white and green parts), chopped
- 5 radishes, stems removed, thinly sliced
- 2 cups chopped fresh parsley leaves, stems removed
- 1 cup chopped fresh mint leaves (optional)

For the vinaigrette

- Juice of 1 lemon or 1 ½ limes
- ⅓ cup extra virgin olive oil
- 1 to 2 tablespoons pomegranate molasses, optional
- Salt and pepper
- 1 tsp sumac
- ¼ tsp ground cinnamon
- scant ¼ tsp ground allspice

Instructions

1. Break the pita bread into small bite-size pieces. Heat 3 tablespoon of olive oil in a large pan until shimmering, and add the pita bread. Fry briefly until browned, tossing frequently. Using a pair of tongs, transfer the fried pita chips to a plate lined with paper towel to drain. Season with salt, pepper and [sumac](#).
2. In a large mixing bowl, combine the chopped lettuce, cucumber, tomatoes, green onions with the sliced radish and parsley.
3. To make the dressing, in a small bowl, whisk together the lemon or lime juice, [olive oil](#), pomegranate molasses (if using), salt, pepper and spices.
4. Pour vinaigrette over the salad and toss lightly. Finally, add the pita chips, and more sumac if you like, and toss one more time. Transfer to small serving bowls or plates.

Focaccia

Ingredients

Group A

- 2 pounds Bread Flour
- 0.66 ounces salt
- 1/3 cup dry rosemary
- 1/3 cup dry Italian seasoning

Group B

- 2 eggs
- 0.66 ounces dry yeast
- 0.66 ounces olive oil
- 0.66 ounces sugar

And

- Parmesan cheese

Instructions

1. Mix group B together in 1 quart measuring cup with 110-degree water to exactly 22 ounces (just shy of 2 $\frac{3}{4}$ cups). Whisk to break up eggs, dissolve sugar and allow yeast to activate.
 2. Mix group A by hand or with dough hook on a stand mixer set at low speed until just combined. Add group B (wet ingredients) to mixer while running on low speed until no dry ingredients remain.
 3. Prepare $\frac{1}{2}$ sheet pan with a generous amount of olive oil (coat bottom of pan)
 4. Scrape dough onto dry surface using a plastic bowl scraper and shape into a ball (with oiled hands) and flatten to a rectangle. Scrape up rectangle and place into oiled pan, turning to coat with oil.
 5. Let rest for 5 minutes while you clean the table and pre-soak the mixing bowl.
 6. With oiled hands use your fingertips to stretch dough out to corners of pan.
 7. Proof for 30+ minutes in warm place until risen and puffy
 8. Sprinkle with parmesan (or other toppings) and bake at 350 degrees for 15 minutes, turn and bake an additional 5 minutes until golden brown. Turn out and let cool.
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Apple Crisp

Ingredients

Topping

- 6 tablespoons All Purpose Flour
- $\frac{1}{4}$ cup light brown sugar
- $\frac{1}{4}$ cup granulated sugar
- $\frac{1}{4}$ teaspoon ground cinnamon
- $\frac{1}{4}$ teaspoon ground nutmeg
- $\frac{1}{4}$ teaspoon table salt
- 5 tablespoons unsalted butter cut into $\frac{1}{2}$ inch pieces and chilled
- $\frac{3}{4}$ cup pecans or whole almonds chopped coarse (optional, substitute pumpkin seeds as an alternative to tree nuts)

Fruit

- 2 $\frac{1}{2}$ - 3 pounds apples peeled, cored, and cut into 1-inch chunks
- $\frac{1}{4}$ cup granulated sugar
- 1 $\frac{1}{2}$ tablespoons lemon juice
- $\frac{1}{2}$ teaspoons lemon zest (from 3 lemons)

Instructions

1. Preheat oven to 375 degrees
2. Place flour, brown sugar, sugar, cinnamon, nutmeg, and salt in food processor workbowl fitted with steel blade. Add chilled butter and pulse until mixture moves from dry sand-like appearance with large lumps of butter to a coarse cornmeal texture, about three 4-second bursts. Add nuts and pulse until mixture resembles crumbly sand, about five 1-second bursts. Do not overprocess or mixture will take on a smooth, cookie-dough-like texture. (To mix by hand, allow butter pieces to sit at room temperature for 5 minutes. Meanwhile, mix flour, brown sugar, granulated sugar, cinnamon, nutmeg, and salt in medium bowl. Add butter; toss to coat. Pinch butter chunks and dry mixture between fingertips until mixture looks like crumbly wet sand. Add nuts and toss to distribute evenly. Do not overmix.) Refrigerate mixture while preparing fruit, at least 15 minutes.
3. Toss cut fruit, sugar, lemon juice, and zest in medium bowl.
4. Adjust oven rack to lower-middle position. Scrape fruit mixture with rubber spatula into 2" hotel pan. Distribute chilled topping evenly over fruit; bake for 40 minutes. Increase oven temperature to 400 degrees; bake until fruit is bubbling, and topping is deep golden brown, about 5 minutes longer. Serve warm or at room temperature.