

Sprouted Lentil Croquettes with Sauces of Arugula and Kefir

Serves 4

ARUGULA SAUCE

Ingredients

- 1 tsp. ground coriander
- 1 tsp. ground cumin
- 2 cups organic arugula leaves, extra for garnish
- 1/2 cup flat leaf parsley leaves
- 1/2 cup good quality olive oil
- Salt & pepper to taste

Instructions

1. Puree all ingredients in blender or food processor until smooth.
2. Cover and chill until ready to use.

KEFIR SAUCE

Ingredients

- 1 cup kefir
- 1 1/2 tsp. maple syrup
- 1 tsp kosher salt

Instructions

3. Stir all ingredients together in a small bowl; cover and chill.

CROQUETTES

Ingredients

- 1 tsp. ground coriander
- 4 scallions, white and pale green parts, chopped
- 1 jalapeño chile, seeded & chopped
- 3 cloves garlic, chopped

- 4 oz dried bread, torn in small pieces
- 2 oz ricotta cheese
- 1 cup prepared sprouted lentils
- 1/4 vegetable broth
- 1 Tbs. onion powder
- 1 tsp. smoked paprika
- 1 1/2 tsp. kosher salt
- 2 cups vegetable oil (for frying)
- 2 Tbs. balsamic vinegar tossed with 2 cups arugula leaves for garnish

Instructions

1. Cook scallions in a skillet over medium high heat until charred.
2. Combine bread, scallions, garlic, chile, coriander, ricotta, lentils, onion powder, smoked paprika, salt and broth in a food processor and process into a chunky paste. Some lentils should hold their shape. Form 12 balls.
3. Heat oil in a deep skillet (oil should be at least 1/2" deep) until a pinch of lentil mixture bubbles when added. Cook 4-6 croquettes at a time until deep golden brown and crisp. Turn croquettes in pan and make sure evenly browned. Approximately 5 minutes of cooking time. Drain on paper towels and sprinkle with salt and pepper.
4. Pour 1/4 of the arugula sauce in each bowl, swirl in 1/4 of the kefir sauce and top with 4 croquettes. Garnish with extra arugula leaves that have been lightly tossed with balsamic vinegar.

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