

Stewed Lentils & Tomatoes (updated)

barefootcontessa.com

MAKES: 6 servings

INGREDIENTS

olive oil

2 cups yellow onions, chopped

2 cups carrots, diced

1 tablespoon garlic, minced

1 (28-ounce) can whole plum tomatoes

1 cup French green lentils

2 cups good chicken stock, preferably homemade

2 teaspoons mild curry powder

2 teaspoons fresh thyme leaves, chopped

Kosher salt and freshly ground black pepper

1 tablespoon good red wine vinegar

DIRECTIONS

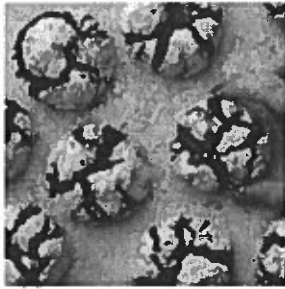
1. Heat the 2 tablespoons of oil in a large saucepan. Add the onions and carrots and cook over medium-low heat for 8 to 10 minutes, stirring occasionally, until the onions start to brown. Add the garlic and cook for one minute.

2. Meanwhile, place the tomatoes, including the juice, in the bowl of a food processor fitted with a steel blade and pulse several times until the tomatoes are roughly chopped.

3. Add the tomatoes, lentils, chicken stock, curry, thyme, 1 tablespoon salt, and 1 teaspoon pepper to the pot. Bring to a boil, lower the heat, and simmer, covered, for 30 to 40 minutes, until the lentils are tender. Stir occasionally, scraping the bottom of the pot with a wooden spoon and check to be sure the liquid is simmering. (I pull the pot halfway off the burner to keep it simmering.) Remove from the heat and allow the lentils to sit covered for another 10 minutes. Stir in the vinegar, check the seasonings, serve hot or warm.

4. Protips: Garlic burns easily so you want to cook it for only a minute.

5. To remove thyme leaves from the stem, run your fingertips down the stem from top to bottom and the leaves will fall off.



Gluten-free Chocolate Crinkle Cookies Recipe (dairy-free)

★★★★★

Gluten-free chocolate crinkle cookies recipe - the ultimate festive treat that nobody would know is Coeliac-friendly and wheat-free.

Course	Everything & Anything Else
Keyword	gluten-free christmas, gluten-free christmas baking, gluten-free recipes
Prep Time	20 minutes
Cook Time	10 minutes
Additional Time	1 hour
Total Time	1 hour 30 minutes
Servings	10 -12
Calories	207kcal
Author	Becky Excell

Ingredients

- 60 g cocoa powder ensure dairy-free if necessary
- 60 ml vegetable oil
- 200 g caster sugar
- 2 large eggs
- 175 g gluten-free plain flour
- 1/4 tsp xanthan gum
- 1 tsp gluten-free baking powder
- 50 g icing sugar

Instructions

1. Prepare a couple of baking trays by lining them with non stick baking paper.
2. Sieve your cocoa into a large bowl, add in your oil and caster sugar and mix together till combined - it will be very thick. (I tend to just do this with a spatula)
3. Add in your eggs, one at a time and mix in-between each until combined. I do this with my electric hand whisk, but you could easily do it by hand.
4. Add in your flour, xanthan gum and baking powder and mix until it all comes together to form a soft dough.
5. Place into the fridge to chill for about an hour to firm up.
6. Preheat your oven to 170C Fan / 190C.
7. Once chilled, remove from the fridge and place your icing sugar into a small bowl.
8. Take about 45g of the dough and roll it into a ball in your hand. Then roll each ball into the icing sugar and place onto your prepared baking sheets.
9. Bake for around 10-12 minutes until they have the lovely cracked effect on top. Remove from the oven and allow to cool on the tray before allowing them to finish cooling on a rack. Enjoy!

Notes



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*Chicken Marbella
Updated*

½ cup good olive oil

½ cup good red wine vinegar

1½ cups large pitted prunes, such as Sunsweet

1 cup large green olives, pitted, such as Cerignola

½ cup capers, including the juices (3½ ounces)

6 bay leaves

1½ heads of garlic, cloves separated, peeled, and minced

¼ cup dried oregano

Kosher salt and freshly ground black pepper

2 (4-pound) chickens, backs removed and cut in 8 pieces

½ cup light brown sugar, lightly packed

1 cup dry white wine, such as Pinot Grigio

Combine the olive oil, vinegar, prunes, olives, capers, bay leaves, garlic, oregano, 2 tablespoons salt, and 2 teaspoons pepper in a large bowl. Add the chicken to the marinade. (You can also place the chicken and marinade in a 2-gallon plastic storage bag and squeeze out the air to make sure the chicken is fully covered with the marinade.) Refrigerate overnight, turning occasionally to be sure the marinade is getting into all of the chicken pieces.

Preheat the oven to 350 degrees.

Place the chicken, skin side up, along with the marinade in one layer in a large (15 × 18-inch) roasting pan, sprinkle with the brown sugar, 2 teaspoons salt, and 1 teaspoon pepper, and pour the wine around (not over!) the chicken. Roast for 45 to 55 minutes, until the internal temperature of the chicken is 145 degrees. Remove the pan from the

oven, cover tightly with aluminum foil, and allow to rest for 10 to 15 minutes. Discard the bay leaves. Transfer the chicken, prunes, and olives to a serving platter, sprinkle with salt, and serve hot with the pan juices.

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TAGS

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ABOUT



Chicken Marbella

16 pieces, 10 or more portions

Ingredients:

1/2 cup olive oil
1/2 cup red wine vinegar
1 cup pitted prunes
1/2 cup pitted Spanish green olives
1/2 cup capers with a bit of juice
6 bay leaves
1 head of garlic, peeled and finely pureed
1/4 cup dried oregano
Coarse salt and freshly ground black pepper, to taste
4 chickens (2 1/2 pounds each), quartered
1 cup brown sugar
1 cup dry white wine
1/4 cup fresh Italian (flat-leaf) parsley or fresh cilantro, finely chopped

Directions:

1. Combine the olive oil, vinegar, prunes, olives, capers and juice, bay leaves, garlic, oregano, and salt and pepper in a large bowl. Add the chicken and stir to coat. Cover the bowl and refrigerate overnight. 2. Preheat the oven to 350°F. 3. Arrange the chicken in a single layer in one or two large, shallow baking pans and spoon the marinade over it evenly. Sprinkle the chicken pieces with the brown sugar and pour the white wine around them. 4. Bake, basting frequently with the pan juices, until the thigh pieces yield clear yellow (rather than pink) juice when pricked with a fork, 50 minutes to 1 hour. 5. With a slotted spoon, transfer the chicken, prunes, olives, and capers to a serving platter. Moisten with a few spoonfuls of the pan juices and sprinkle generously with the parsley or cilantro. Pass the remaining pan juices in a sauceboat. Note: To serve Chicken Marbella cold, cool to room temperature in the cooking juices before transferring the pieces to a serving platter. If the chicken has been covered and refrigerated, reheat it in the juices, then allow it to come to room temperature before serving. Spoon some of the reserved juice over the chicken. This is a cheap and healthy dish! Find more budget and healthy meals here!

Silver Palate Products used in this recipe:

► Nonpareil Capers in White Balsamic Vinegar

Best Lentil Soup



INGREDIENTS

- 1/4 cup extra virgin olive oil
- 1 medium yellow or white onion, chopped
- 2 carrots, peeled and chopped
- 4 garlic cloves, pressed or minced
- 2 teaspoon ground cumin
- 1 teaspoon curry powder
- 1/2 teaspoon dried thyme
- 1 large can (28 ounce) diced tomatoes, lightly drained
- 1 cup brown or green lentils, picked over and rinsed
- 4 cup vegetable broth *or mushroom broth*
- 2 cup water
- 1 teaspoon salt, more to taste
- Pinch of red pepper flakes
- Freshly ground black pepper, to taste
- 1 cup chopped fresh collard greens or kale, tough ribs removed
- 1 to 2 tablespoons lemon juice (1/2 to 1 medium lemon), to taste

INSTRUCTIONS

1. Warm the olive oil in a large Dutch oven or pot over medium heat. One-fourth cup olive oil may seem like a lot, but it adds a lovely richness and heartiness to this nutritious soup.
2. Once the oil is shimmering, add the chopped onion and carrot and cook, stirring often, until the onion has softened and is turning translucent, about 5 minutes.
3. Add the garlic, cumin, curry powder and thyme. Cook until fragrant while stirring constantly, about 30 seconds. Pour in the drained diced tomatoes and cook for a few more minutes, stirring often, in order to enhance their flavor.

4. Pour in the lentils, broth and the water. Add 1 teaspoon salt and a pinch of red pepper flakes. Season generously with freshly ground black pepper. Raise heat and bring the mixture to a boil, then partially cover the pot and reduce the heat to maintain a gentle simmer. Cook for 25 to 30 minutes, or until the lentils are tender but still hold their shape.
5. Transfer 2 cups of the soup to a blender. Securely fasten the lid, protect your hand from steam with a tea towel placed over the lid, and purée the soup until smooth. Pour the puréed soup back into the pot. (Or, use an immersion blender to blend a portion of the soup.)
6. Add the chopped greens and cook for 5 more minutes, or until the greens have softened to your liking. Remove the pot from the heat and stir in 1 tablespoon of lemon juice. Taste and season with more salt, pepper and/or lemon juice until the flavors really sing. For spicier soup, add another pinch or two of red pepper flakes.
7. Serve while hot. Leftovers will keep well for about 4 days in the refrigerator, or can be frozen for several months (just defrost before serving).

Source: Cookie & Kate
Excellent Vegetarian/Vegan

"16 Bean" Pasta e Fagioli

from Food Network

Cook Time: 4 min **Serves:** 6 servings

Ingredients

1 (1-pound) bag 16 Bean Soup Mix

2 tablespoons good olive oil, plus extra for serving

6 ounces pancetta, 1/4-inch-diced

1 large onion, *chopped*

1 tablespoon minced garlic (3 cloves)

1/2 teaspoon crushed red pepper flakes

1 (28-ounce) can crushed tomatoes

1 cup dry red wine

4 to 6 cups good chicken stock, preferably homemade

Kosher salt and freshly ground black pepper

1 cup miniature pasta, such as ditalini or tubettini

1/2 cup freshly grated Italian Parmesan cheese, plus extra for serving

1 tablespoon good red wine vinegar

Julienned fresh basil leaves, for serving

Preparation Steps

1. The day before you plan to make the soup, place the bean mix in a large bowl, add cold water to cover by 2 inches, and refrigerate overnight. The next day, drain the beans, rinse under cold running water, and drain again. Place the beans in a large pot with 8 cups of cold water. Bring to a boil, lower the heat, and simmer for 1 hour. Stir occasionally and skim off any foam that rises to the top. The beans should be very tender and the skin will peel away when you blow on a bean.

2. Meanwhile, heat the oil in a medium (10-inch) stockpot or Dutch oven over medium heat. Add the pancetta and onion and saute over medium to medium-high heat for 12 to 18 minutes, until browned. Add the garlic and red pepper flakes and saute for one minute. Add the tomatoes, wine, 4 cups of the chicken stock, 1 tablespoon salt, and 1 teaspoon black pepper and turn off the heat.

3. Drain the beans and add two-thirds of them to the soup. Pass the remaining beans through a food mill, discarding the skins. Stir the bean puree and the pasta into the soup, bring to a boil, lower the heat, and simmer for 20 to 30 minutes, stirring occasionally, until the pasta is tender. Add up to 2 more cups chicken stock if the soup is too thick. Stir in the Parmesan and the vinegar. Ladle the soup into large shallow bowls and add a swirl of olive



oil, a sprinkle of Parmesan, and some basil. Serve hot with extra Parmesan on the side.

Nutrition

Serving Size: 1 of 6 servings

Calories: 721

Fat: 27g

Saturated Fat: 9g

Cholesterol: 89mg

Sodium: 3649mg

Carbohydrates: 83g

Fiber: 6g

Sugar: 13g

Protein: 30g