



Lentil Soup, Date Balls, Celery Salad



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



249 kcal

SIDE DISH

Ingredients

- ☐ 0.4 gram active yeast dry (not quick-rising)
- ☐ 1 bunch reserved of celery (from above)
- ☐ 35 grams from 1 bunch celery green for garnish
- ☐ 2 bunches cilantro leaves (8 ounces/224 grams)
- ☐ 288 grams green lentils dried french rinsed
- ☐ 27 grams olive oil extra virgin
- ☐ 8 grams flat-leaf parsley minced
- ☐ 44 grams flour all-purpose

- ☐ 5.5 grams ground coriander
- ☐ 7.6 grams ground cumin
- ☐ 2 grams ground ginger
- ☐ 2.6 grams ground pepper white
- ☐ 1.4 grams ground turmeric
- ☐ 12 servings kosher salt
- ☐ 12 servings kosher salt and pepper black freshly ground
- ☐ 45 grams juice of lemon fresh to taste
- ☐ 12 medjool dates
- ☐ 0.2 gram saffron threads
- ☐ 4 grams paprika sweet
- ☐ 484 grams tomato paste (not double concentrate)
- ☐ 8 quarts water cold (7.6 kilograms)
- ☐ 468 grams warm water (110°F)
- ☐ 680 grams onions yellow

Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ wooden spoon
- ☐ spatula

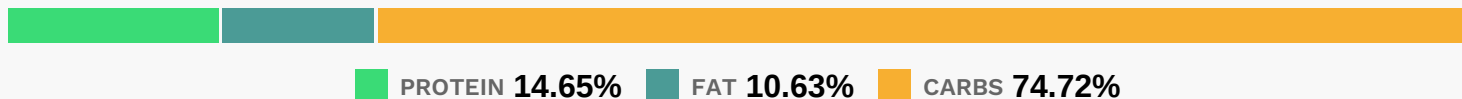
Directions

- ☐ Mix all the ingredients together in a small bowl. Set aside

- ☐ Put the tomato paste and 7 quarts (6.6 kilograms) cold water in a large nonreactive stockpot over high heat.
- ☐ Whisk occasionally as the water comes to a boil, then reduce the heat to maintain a gentle boil and cook for about 1 hour, or until it has reduced by about one-quarter. (
- ☐ Remove from the heat if the onions aren't ready.)
- ☐ Meanwhile, rinse the cilantro and parsley well and set aside.
- ☐ Cut the onions into large chunks.
- ☐ Put the chunks in a food processor and pulse until they are becoming a mush.
- ☐ Add as much of the herbs as fit into the food processor. Pulse the machine, adding small amounts of cold water if necessary to allow the blade to spin. As the herbs decrease in volume, add the remaining herbs and the celery leaves and continue to pulse. Stop from time to time to scrape the sides with a rubber spatula and mix the herbs to redistribute them. Run the machine for up to 10 minutes, until the mixture is almost liquefied.
- ☐ Transfer the mixture to a large saucepan and stir in the spice mix.
- ☐ Add the remaining 5 cups (1.2 kilograms) cold water to the onions and bring to a gentle boil over high heat, then reduce the heat and boil gently for about 1 hour or until the liquid is reduced by half.
- ☐ Stir the onion mixture into the stockpot, return to a simmer, and cook for 1 1/2 to 2 hours, skimming any impurities that rise to the top, until the soup has reduced by about one-third to just over 4 quarts (4 kilograms).
- ☐ Cut a lengthwise slit down one side of each date, open it as you would a book, and remove the pit.
- ☐ Cut the dates lengthwise in half, then cut each half lengthwise into 4 strips. Using your fingertips, shape each strip into a rough ball. If you keep the skin side facing out, the ball will be less sticky and will hold together better.
- ☐ Pour a shallow pool of olive oil into a small bowl. Rub a little of the oil on the center of one palm, put a date ball on it, and use the index finger of your other hand to roll the date into a smooth ball.
- ☐ Put the ball in the bowl of oil, and repeat with the rest of the dates, adding more oil to the bowl as needed to keep the date balls covered. Set aside.
- ☐ Put the lentils in a saucepan, add 6 cups (1.4 kilograms) cold water, and bring to a simmer over medium heat. Cook the lentils for 10 to 12 minutes, stirring them from time to time.

- ☐ Meanwhile, fill a large bowl with cold water. Taste a lentil. When they have started to soften but are still firm in the center, drain them in a fine-mesh strainer, rinse them with cold water, and submerge them in the bowl of cold water until ready to use.
- ☐ Remove the tough outer celery stalks and reserve them for another use. Pinch off the leaves from the inner stalks and place the leaves in a bowl of ice water.
- ☐ Cut the stalks into 1/8-inch dice; you need 1 cup (120 grams).
- ☐ Put the diced celery in a small bowl, toss with the olive oil and parsley, and season to taste with salt and pepper.
- ☐ Once the soup has reduced, add the lentils; keep warm over low heat.
- ☐ Whisk together the flour, water, and yeast in a small bowl and let sit at room temperature until foamy and bubbling, about 10 minutes.
- ☐ Whisking constantly, add the flour mixture to the soup, then stir with a flat-bottomed wooden spoon, scraping the bottom of the pot, as you bring the soup to a simmer over medium heat. (High heat could cause the flour to stick to the bottom of the pot.) Simmer the soup gently, stirring often, for 10 minutes. Season to taste with salt, remove the soup from the heat, and stir in the lemon juice.
- ☐ Drain and dry the celery leaves. Using 2 soup spoons, form the celery salad into a quenelle or football shape and place toward the rim of each soup bowl. Stack about 8 date balls alongside each quenelle. (If you end up with extra date balls, keep them in the refrigerator and add them to salads.)
- ☐ Carefully ladle the soup around the garnishes so that a bit of the celery salad and the date balls remain visible.
- ☐ Drizzle some of the olive oil that remains in the bowl of celery salad over the soup and garnish with the celery leaves.
- ☐ Excerpted from Mourad: New Moroccan by Mourad Lahlou. Copyright © 2011 by Mourad Lahlou; photographs copyright © 2011 by Deborah Jones. Published by Artisan, a division of Workman Publishing Company, Inc.

Nutrition Facts



Properties

Glycemic Index:35.55, Glycemic Load:7.71, Inflammation Score:-9, Nutrition Score:18.364782457766%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 12.25mg, Quercetin: 12.25mg, Quercetin: 12.25mg, Quercetin: 12.25mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 249.13kcal (12.46%), Fat: 3.15g (4.85%), Saturated Fat: 0.46g (2.85%), Carbohydrates: 49.81g (16.6%), Net Carbohydrates: 37.48g (13.63%), Sugar: 24.02g (26.69%), Cholesterol: 0mg (0%), Sodium: 557.62mg (24.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.76g (19.53%), Fiber: 12.33g (49.32%), Manganese: 0.75mg (37.55%), Folate: 146.84µg (36.71%), Potassium: 954.66mg (27.28%), Copper: 0.52mg (25.87%), Vitamin K: 25.42µg (24.21%), Iron: 4.3mg (23.9%), Vitamin B1: 0.31mg (20.97%), Vitamin C: 17.21mg (20.86%), Vitamin A: 1008.67IU (20.17%), Magnesium: 79.38mg (19.85%), Phosphorus: 187.28mg (18.73%), Vitamin B6: 0.37mg (18.46%), Vitamin E: 2.37mg (15.82%), Vitamin B3: 2.69mg (13.45%), Zinc: 1.8mg (12.03%), Vitamin B2: 0.18mg (10.41%), Calcium: 93.04mg (9.3%), Vitamin B5: 0.9mg (8.95%), Selenium: 5.99µg (8.55%)