

Fresh Foods for the New Year

Recipes by Kelcy Scolnick

Mushroom and Lentil Stew

- ☐ 4 T olive oil
 - ☐ 1 medium onion, chopped
 - ☐ 4 large cloves of garlic, chopped
 - ☐ 1T tomato paste
 - ☐ 2T low sodium soy sauce or tamari
 - ☐ ¾ cups dried green lentil, soaked overnight in cool water **optional*
 - ☐ 2-3 cups low sodium vegetable, mushroom, or chicken broth
 - ☐ 1 pound mushrooms, preferable a farmers mix, sliced
 - ☐ 1 t fresh thyme
 - ☐ 1 teaspoon fresh chopped rosemary
 - ☐ 1 teaspoon salt, plus more for taste
 - ☐ ½ teaspoon pepper for taste
 - ☐ Chopped parsley or microgreens for garnish
1. Preheat oven to 450 and line a sheet pan with parchment paper. Add mushrooms and toss with 1T olive oil and a teaspoon of salt. Lay in a single layer and roast until browned, about 6-8 minutes
 - a. *you can skip this step if you want and cook them in the pot, but I think this gives you so much more flavor and texture*
 2. Heat remaining oil in a dutch oven over medium heat and add shallots with a pinch of salt. Stir and cook until translucent, about 5 minutes
 3. Add garlic and cook until fragrant, about 30 seconds
 - a. *If you are not roasting the mushrooms, you would add them at this point and cook about 5 minutes, stirring occasionally*
 4. Add tomato paste and cook 3 minutes, stirring so it doesn't burn on the bottom
 5. Deglaze with soy sauce and then add the stock, lentils, roasted mushrooms, rosemary, thyme, salt and pepper. Stir to combine everything
 6. Bring to a boil and then reduce to a simmer and cook 20 minutes, or until lentils are tender. If you notice it looks dry, add some more stock
 7. Taste for salt and pepper and then serve over millet (or any other favorite grains)



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ChefKelcy.com [Instagram.com/ChefKelcy](https://www.instagram.com/ChefKelcy) [Facebook.com/ChefKelcy](https://www.facebook.com/ChefKelcy)

Millet

- ☐ 1 T olive oil
- ☐ 1 cup raw millet
- ☐ 2 cups water or low sodium broth
- ☐ 1 teaspoon salt

8. Heat oil in a saucepan over medium heat and add the millet. Stir to coat oil and toast for 3-4 minutes, stirring, until millet is lightly brown. Make sure not to burn!
9. Slowly add water or stock, being careful of any sputtering, and stir millet. Bring to a boil and then reduce to a simmer. Cover and cook until most of the liquid is absorbed, about 15 minutes
10. Turn off the stove and remove from heat. Quickly remove lid and wrap in a clean dishtown, then cover the pot again. Leave covered for 10 minutes and then remove top and fluff with fork
 - a. The cloth helps absorb the extra moisture and keeps the millet from becoming mushy
11. Enjoy!

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Mulled Wine Poached Pears

- ☐ 2-4 Bosc or Anjou Pears {ripe but firm}
- ☐ 1 orange
- ☐ 1 lemon
- ☐ ½ cup maple syrup
- ☐ 1 vanilla bean or 2t vanilla extract
- ☐ 5 cloves
- ☐ 1 star anise
- ☐ 3 cardamom pods
- ☐ 4 allspice berries
- ☐ 1 cinnamon stick
- ☐ 4 whole black peppercorns
- ☐ 2 cups red wine {cab or merlot}
- ☐ ½ cup water {only if you find you need more liquid in your pot}

- 1) Start by getting your poaching liquid ready. Peel the skin off the orange and the lemon and add that along with the fruit juice to your pot.
- 2) Place everything else, except the pears, into the pot and boil. Turn the heat down to low and prep the pears
- 3) Using your paring knife or peeler, peel off the skin of the pear, leaving the stem attached if possible
- 4) Bring the poaching liquid to a simmer and add the pears.
- 5) Simmer for 20-25 minutes, turning the pears every 5-7 minutes to make sure everything has a chance to soak in the poaching goodness
- 6) Take off the heat and allow to cool for 10-15 minutes in the poaching liquid
- 7) **OPTIONAL** Place pears on a plate and return the pot to the stove. Bring to a boil and reduce down until you have a lovely syrup
- 8) Serve pears with ice cream, yogurt, or chocolate sauce
- 9) Store in the fridge for up to 4 days in poaching liquid

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