



Lentil Chocolate Cake

Lentils with dessert? A novel idea, and one that works wonders in this cake.

MAKES ONE 9 1/2-INCH (24 CM) ROUND CAKE

1 1/3 cups (330 mL) unbleached all-purpose flour	1 cup (250 mL) granulated sugar
2 1/2 tsp (12 mL) baking powder	1 tsp (5 mL) pure vanilla extract
1/4 tsp (1 mL) baking soda	2 eggs
1/2 tsp (2 mL) kosher salt	2 oz (56 g) dark chocolate , 70% or 85%, melted and cooled
1/4 cup (60 mL) unsalted butter , room temperature	1/2 cup (125 mL) puréed red lentils , sieved (recipe follows)
	1 cup (250 mL) milk

Leftover Lentils Tip

Leftover puréed lentils are a great addition to mashed potatoes or to dips such as hummus.

Preheat oven to 350°F (180°C). Prepare the puréed red lentils (see method below). Grease and flour a 9 1/2-inch (24 cm) round cake tin. Set aside.

Scoop the flour gently into measuring cups. Level the top with the flat edge of a knife and transfer flour to a medium bowl. Add baking powder, baking soda, and salt. Set aside.

In a mixer bowl, beat the butter and sugar on medium speed until well combined. Continue mixing and add the vanilla extract. Then beat in the eggs, one at a time, beating well after each addition. On low speed, mix in the cooled melted chocolate and the cooled puréed lentils. Mix well, scraping down the sides of the bowl occasionally.

Add the dry ingredients alternately with the milk in three additions, beginning and ending with the dry ingredients.

Turn the batter into the prepared pan. Bake for 30 to 35 minutes, until a toothpick inserted into the centre comes out clean. Remove from the oven to a wire rack and let stand 10 minutes. Remove the cake from the tin and set the cake on a wire rack to cool completely. Frost as desired or dust lightly with a bit of sieved icing sugar and serve with a scoop of vanilla ice cream.

PURÉED RED LENTILS

1 1/2 cups (375 mL) water	pinch kosher salt
1/2 cup (125 mL) split red lentils	

In a small saucepan, bring the water, red lentils, and salt to a boil. Reduce heat and simmer, covered, about 30 minutes, stirring occasionally until the lentils have completely softened and are mushy. Mixture should be rather thick and the liquid evaporated. Remove from heat and transfer the mixture to a fine mesh sieve. Sieve the cooked lentils to remove any husks and partially cooked lentils that may remain. Let cool completely. Measure the required amount for the cake.