

Beef and Lentil Soup with Puff Pastry Sticks

Recipe By Temi Philip



Cooking and Prep:  3 h

Serves:  8

Contains:    

Preference: Meat

With prolonged cooking, this excellent soup turns into a steaming winter stew.

Difficulty: Easy

Source: Family Table by
Mishpacha Magazine

Ingredients (20)

Soup

- 3 tablespoons **Gefen Olive Oil**
- 1 and 1/3 lbs (600 grams) beef shank or brisket
- 1 onion, diced
- 5 cloves garlic, minced or 5 cubes **Gefen Frozen Garlic**
- 1 parsnip, finely diced
- 1 sweet potato, finely diced
- 3 tomatoes, diced

- 2 potatoes, finely diced
- 8 cups stock or water
- 4 tablespoons **Gefen Soy Sauce**
- 2 stalks celery, with leaves
- 1 cup **Gefen Green Lentils**
- 1 teaspoon cumin
- salt, to taste
- pepper, to taste

Puff Pastry Sticks

- 1/2 lb (200 grams) **Gefen Puff Pastry Dough**, gently rolled out
 - 4 tablespoons oil
 - 1 teaspoon paprika
 - salt, to taste
 - 1/4 teaspoon saffron (*optional*)
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Start Cooking

For the Soup

1. Heat olive oil in a large, wide pot over medium flame and sear the meat on all sides.
2. Remove meat from pot and add onion, garlic, parsnip, and sweet potato. Sauté for several minutes.
3. Add tomatoes and sauté for two more minutes.
4. Return the meat to the pot. Add the potatoes, stock or water, soy sauce, and celery. Cover pot and bring to a boil.
5. Lower the flame and allow to simmer for two hours.
6. Add the lentils and spices and cook for another hour, until both lentils and meat are very soft.

Note:

To serve, arrange puff pastry sticks (see below) across each soup bowl.

Prepare Puff Pastry Sticks

1. Meanwhile, prepare the sticks: Preheat oven to 450°F (230°C).
2. Combine oil and spices in a small bowl.
3. Brush the puff pastry dough with the oil and spice mixture and cut into 2-cm strips.
4. Fold each strip in half, while stretching the dough.
5. Twist each end in the opposite direction so that you have a corkscrew shape.
6. Arrange the strips on a cookie sheet lined with Gefen Easy Baking Parchment Paper and bake for 10 minutes, until golden. (You can brush more oil onto the dough before baking.)