FEATURE RECIPE

Roasted Garlic Red Lentil Hummus with Brussels Sprouts Hash and Pickled Red Onions

Ingredients

Pickled red onions

- 1 red onion, chopped
- 3 cloves garlic
- 2 cups (500 mL) apple cider vinegar
- 2/3 cup (165 mL) white wine vinegar
- 2 cups (500 mL) water
- 5 Tbsp (60 g) white sugar
- 2 Tbsp (40 g) salt
- 1/2 tsp (2 mL) coriander seed
- 1/2 tsp (2 mL) fennel seed

Red lentil hummus

- 1 cup (250 mL) dry **red lentils,** rinsed & drained
- 2 cups (500 mL) water
- 1/4 cup (60 mL) tahini
- 3 Tbsp (45 mL) fresh lemon juice
- 1 Tbsp (15 mL) olive oil
- 3 cloves roasted garlic
- 1 tsp (5 mL) cumin
- 1 tsp (5 mL) curry powder
- 1/2 tsp (2 mL) ground ginger
- 1/2 tsp (2 mL) salt
- 1/8 tsp (0.5 mL) white pepper
- 1/8 tsp (0.5 mL) cayenne pepper

Brussels sprouts hash

- 1 Tbsp (15 mL) olive oil
- 3 Tbsp (45 mL) minced red onion
- 3 cloves garlic, minced
- 1 cup (250 mL) diced tomato
- 680 g Brussels sprouts, trimmed, cut in half lengthwise and leaves peeled/separated
- salt & pepper, to taste
- red pepper flakes, to taste

Crostini

- 1 French baguette loaf
- olive oil, scant amount
- flaked kosher salt, to taste
- pepper, to taste

Congratulations to Kerik Slinger, Jordan-Jayde Grunsell and Seth Botterill, the culinary team from Dr. Anne Anderson High School for their winning pulse appetizer at the 2026 High School Culinary Challenge!

Prep Time: 45 minutes (allow at least 3 hours for the onions to pickle)
Cook Time: 20 minutes
Makes: 10-12 appetizer servings

Directions

To make the pickled red onions: Place onions and garlic in a medium sized bowl or container. Bring vinegars, water, sugar, salt and spices to a boil in a medium sized pot. Once sugar and salt have dissolved, pour over onions and garlic cloves, let cool to room temperature, then cover and refrigerate for at least 3 hours.

Kitchen tip: These onions can be made earlier in the day or the day before and refrigerated until needed.

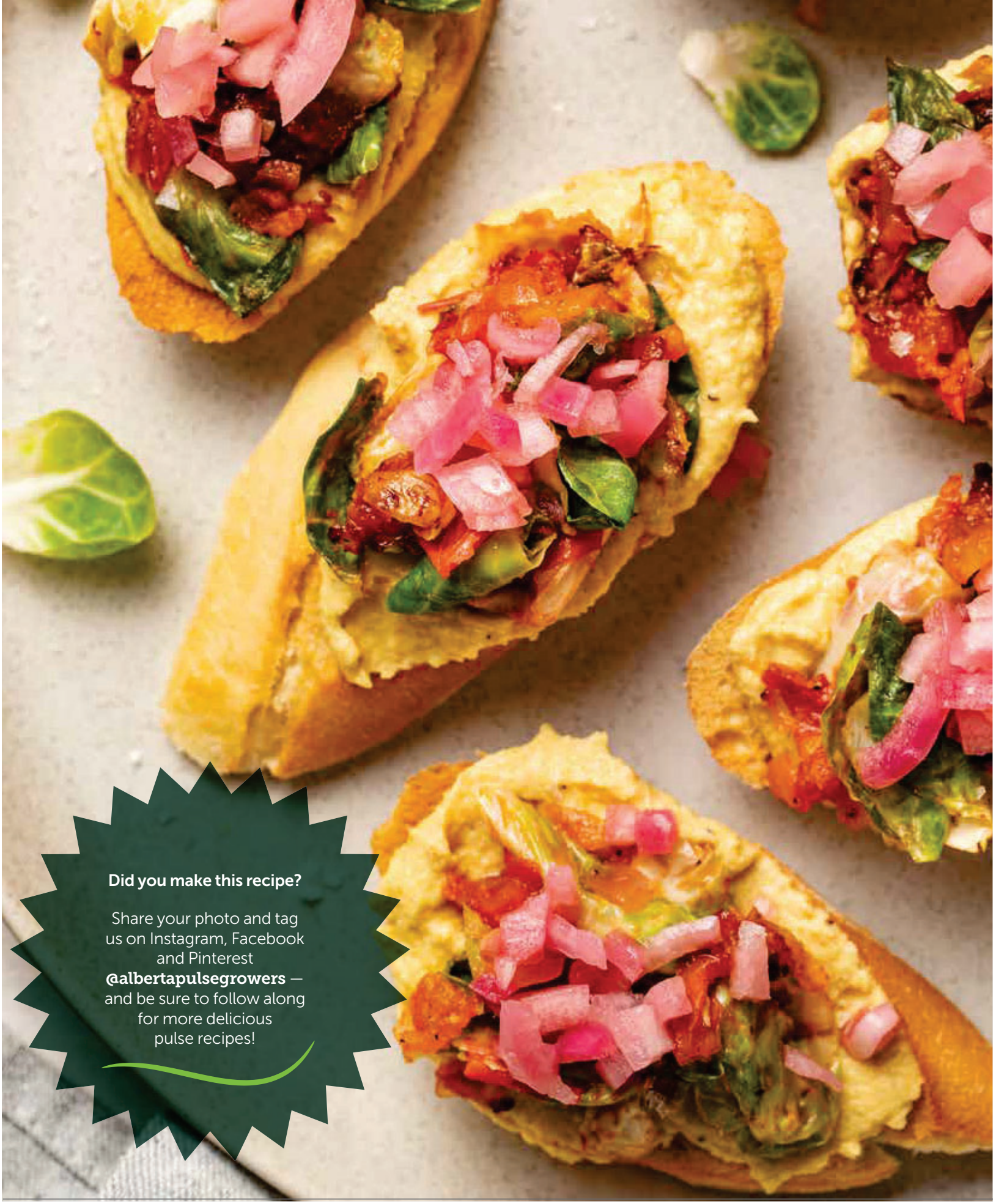
To make the red lentil hummus (makes 370 mL): Place lentils and water in a small pot. Bring to a boil, then reduce heat and simmer for 12-15 minutes, or until lentils are tender. Once tender, remove the lentils from the pot and spread loosely on a flat tray. Allow to cool for 10 minutes. Once cool, combine the lentils and all the other ingredients in the bowl of a food processor and blend just until smooth to avoid splitting. Season with salt and pepper to taste. Set aside.

Kitchen tip: You can make this hummus in the morning or the day before you need it! Cover and refrigerate until needed.

To make the Brussels sprouts hash: In a large pan, heat the olive oil and sauté onion and garlic until fragrant. Add diced tomato and cook until some of the acidity fades. Add Brussels sprouts and sauté until the leaves are crisp and a little brown. Season with salt, pepper and red pepper flakes to taste. It shouldn't be "spicy." Transfer to a plate and set aside for assembly.

Prepare the crostini: Preheat oven to 350°F (180°C). Slice baguette into roughly 1/2-inch (2.5 cm) thick slices on a slight bias. Brush the olive oil over the surface. Ensure edge to edge coverage. Place on baking sheet and bake for about 5-7 minutes, or until the bread is crispy and golden brown. Once done, remove and allow to cool on a wire rack to prevent soggy bottoms. Sprinkle with flaked salt and pepper to taste.

To assemble the appetizer: Spread red lentil hummus evenly over the toasted crostini slices. Top each crostino with the Brussels sprouts hash. Top with pickled red onions. Arrange on serving platter and watch them disappear!



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