

Maviga's Magnificent Eight

PULSE RECIPES FROM AROUND THE WORLD

Pulses are a primary source of protein and carbohydrate for over two thirds of the world's population. Using each of our pictured pulses as the main ingredient, Maviga's Magnificent Eight is a collection of what we consider to be the best everyday pulse dishes from around the world. The recipes exemplify the rich diversity in the way pulses are used in the food people eat. High in protein and fibre, low in fat, free from any genetic modification and a crop rotation option which naturally fixes nitrogen into the soil, pulses are both an eco-friendly and healthy food choice. So making pulses a regular part of your diet makes a lot of sense.

Cooking tip Even after soaking overnight, the length of time it takes to cook pulses depends on their age. Recently harvested pulses will cook 10-20 minutes sooner than pulses harvested over a year ago, so check for 'softness' at regular intervals. A fully cooked pulse is bite-soft to its centre, but still intact.

CICER ARIETINUM

Chickpea, 'garbanzo' (Spanish), 'kabuli chana' (Hindi), 'hummus' (Arabic)

Hummus (Eastern Mediterranean and Middle East)

MAKES ENOUGH DIP FOR 6-8 PEOPLE

450 grams of dried chickpeas (garbanzos)

(use Maviga's Mexican origin 58/62 count chickpeas, 'Blanco Sinaloa' variety)

3-4 cloves garlic (peeled)

8 tablespoons tahini paste

4 tablespoons virgin olive oil

Juice of 2 lemons

Salt and freshly ground black pepper

Cover the chickpeas with plenty of water and soak overnight. Rinse, cover with water, bring to the boil and then simmer until tender (about 60 minutes). Drain and retain some of the liquid.

Place the cooked chickpeas, garlic, lemon juice, olive oil and tahini in a food processor and blend until you have a thick paste. Add some of the retained liquid (a tablespoon at a time) until you have a smooth and creamy dip. Season with salt and pepper to taste. Chill until needed. Eat with warm pitta bread.