

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.

VIGNA UNGUICULATA

Black-eyed pea, 'lobhia' (Hindi), 'lubia' (Arabic), 'akara' (Nigerian)

Akara (Western Africa)

MAKES ENOUGH MIX FOR 20-24 FRITTERS

450g dried black-eyed peas (cowpeas)

(use Maviga's Madagascar origin No.1 grade

HPS black-eyed peas)

1 onion, peeled and finely chopped

1 teaspoon salt

2 deseeded red or green hot chilli peppers and

1 sweet red pepper, all finely chopped

1 teaspoon cayenne pepper or red pepper

1 teaspoon fresh ginger root, peeled and minced (or a few pinches of powdered ginger)

Vegetable oil for frying

Clean the black-eyed peas in running water. Soak them in water for a few hours or overnight. Rinse to wash away loose skins and any other debris. Drain in a colander.

In a blender puree the black-eye peas into a thick paste, adding a small amount of water if necessary, until you have a smooth, stiff mixture that will cling to a spoon. Add all the other ingredients (except oil). Allow the mix to stand for a few hours or overnight in the refrigerator, to improve the flavour.

Heat the oil in a deep skillet. Beat the mix with a wire whisk or wooden spoon for a few minutes. Make fritters by scooping up a spoon full of the mix and using another spoon to quickly push it into the hot oil. Deep fry fritters until they are golden brown, turning frequently while frying. If they begin to fall apart in the oil, stir a beaten egg, some cornmeal or crushed breadcrumbs into the mix to stiffen it.

Serve with an African hot sauce or salt, as a snack, an appetizer or a side dish.