

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.

PISUM SATIVUM

Green pea, 'matar' (Hindi), 'arveja' (Spanish), 'pois' (French)

Aloo Matar (India)

MAKES ENOUGH FOR 6-8 PORTIONS

450 grams dried green peas

(use Maviga's USA origin No.1 grade Alaska variety whole green peas)

600 grams medium sized potatoes peeled and quartered

1 ½ teaspoon ground coriander seed

1 teaspoon ground cumin seed

1 teaspoon curry powder

2 tablespoons of vegetable oil

2 hot green chillies, deseeded and chopped

2 tablespoons fresh grated ginger

2 tablespoons chopped fresh coriander stalks

½ teaspoon black mustard seeds

½ teaspoon ground turmeric

4 medium sized tomatoes, peeled and chopped

1 tablespoon of freshly squeezed lemon juice

2 tablespoons of chopped fresh cilantro leaves

Salt

Cover the dried peas with plenty of water and soak overnight. Rinse, recover with water and cook until tender (about 50-60 minutes). Drain and set to one side.

Boil the potatoes in salted water until cooked through but still firm, about 15-20 mins. Drain them in a colander. While they are cooking, toast the coriander, cumin and curry in a small skillet over medium heat, shaking the pan, until aromatic, for about 2 minutes. Heat vegetable oil in a large skillet over moderate heat until hot but not smoking. Add the chillies, ginger, coriander stalks, black mustard seeds, turmeric and the toasted spice mixture. Cook until mustard seeds pop, about 3 mins.

Stir in the tomatoes and salt, combine well and cook until the tomatoes release their liquid and begin to form a sauce, about 3 minutes. Add the potatoes and cooked peas and cook gently for about 8-10 minutes. Sprinkle with lemon juice, garnish with fresh coriander leaves and serve immediately.