

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.

VICIA FABIA

Faba or broad bean, 'ful' (Arabic), 'haba' (Spanish), 'fevette' (French)

Ful Medames (Egypt)

MAKES ENOUGH DIP FOR 6-8 PEOPLE

450 grams of dried faba beans

(use Maviga's UK origin spring sewn faba beans, 'Victor' variety)

3 teaspoons cumin seeds

8 tablespoons olive oil

5-6 cloves garlic, peeled and crushed

Juice of 2 lemons

A bunch of fresh flat leaf parsley, coarsely chopped

Salt and freshly ground black pepper

Paprika for garnish

2 lemons cut into wedges for serving

Cover the faba beans with plenty of water and soak overnight.

Toast the cumin seeds in a small skillet until they are aromatic and then grind into a powder using a pestle and mortar. In a large saucepan, heat some of the olive oil over a medium heat and sauté the garlic gently until soft. Add 2 teaspoons of the ground cumin and stir. Add the drained faba beans and stir until they are coated with oil.

Add enough water to cover beans, bring to a boil and simmer until they are tender (about 60-75 minutes). You may need to add more water during this time to keep the beans moist and soupy.

Stir in the lemon juice, the remaining ground cumin seed, remaining olive oil, most of the parsley, and the salt and pepper. As you stir, gently mash the beans so they start to break down until you have the consistency of a thick dip.

Pile into a large bowl and garnish with paprika and the remaining chopped parsley. Serve with lemon wedges and eat with warm pitta bread.