

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.

LENS CULINARIS

Green lentil, 'lenteja' (Spanish), 'akhadr' (Arabic)

Sopa de Lentejas (Spain)

MAKES ENOUGH SOUP FOR 6-8 PEOPLE

450 grams dried green lentils

(use Maviga's Canadian origin No.1 grade Laird lentils, 15/64 calibre 'Spanish Quality')

1 ½ litres vegetable stock

2 bay leaves

1 bunch fresh parsley, finely chopped

2 tablespoons olive oil

1 medium onion, peeled and sliced

6-8 cloves of garlic, peeled and crushed

2 carrots, finely chopped

2 tomatoes, chopped

1 red pepper, chopped

2 teaspoons sweet paprika

1 teaspoon ground cumin

4 tablespoons white rice

Salt and fresh ground black pepper

50ml Manzanillo dry white sherry

Place the lentils in a large saucepan with the stock, bay leaves and parsley. Bring to the boil, reduce the heat and add salt and freshly ground black pepper and simmer, partly covered.

Meanwhile, heat the olive oil in a frying pan and fry the onions gently until softened, then add the garlic, carrot, tomato and red pepper. Fry gently for 5 minutes. Remove from the heat and season with salt and freshly ground pepper, paprika and cumin. Add this mixture and the rice to the simmering soup. Simmer until the lentils are tender, around 45 minutes. Mix in the sherry and serve.