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.

PHASEOLUS VULGARIS
Alubia or long white kidney bean, 'cannellini' (Italian), 'fasulia' (Arabic)

Fagioli All'Uccelletto (Italy)

MAKES ENOUGH FOR 6-8 PORTIONS

450 grams dried cannellini beans

(use Maviga's Argentine origin white 'blanco brillante' Alubia beans, 185 count)

6 tablespoons virgin olive oil

3-5 garlic cloves (peeled and crushed)

1 bunch fresh sage chopped

4 large ripe tomatoes, peeled and chopped

Salt and freshly ground pepper to taste

Cover the beans in water and soak overnight. Drain, cover with water and bring to simmer with half the sage and a tablespoon of oil. Simmer until almost tender, about 70-90 minutes. Drain most but not all of the water and discard the sage leaves.

Heat the oil in a skillet over a medium heat. Add the garlic and remaining sage, sauté until fragrant. Add the tomatoes and simmer gently for about 15 minutes. Add the tomato mixture to the beans, cover and cook over a very low heat for about 15-20 minutes. Season with salt and pepper. The finished dish should have the consistency of a thick soup.