

FOOD USES OF PULSES

Pulses are the edible seeds of legume plants, and are widely consumed globally. The main pulses we are familiar with in Australia are chickpeas (desi and kabuli types), lentils (red and green types), faba and broad beans, field peas (dun, white and green types), lupins (narrow-leafed and albus types), mungbeans and navy ('baked') beans. Each has different uses as foods depending on location and preparation.

Chickpea main food uses

- **Cooked** - whole Kabuli chickpeas are boiled and mashed to make hummus. They are also used in soups, curries, casserole and salads. They can be used to make sweets and desserts.
- **Ground** - after slow soaking to make patties called falafel.
- **Flour** - Desi chickpea splits are ground into besan flour.
- **Snack food** - Kabuli chickpeas are fried or roasted to make snack foods.
- **Splits** - Desi chickpeas are split and made into dhal. Chickpeas are also fermented, deep-fried, toasted, baked, and puffed to make a range of products.
- **Fresh** - green chickpeas can be eaten as a vegetable.

Lentil main food uses

Lentils don't require soaking prior to cooking.

- **Cooked** - whole green lentils are used in soups and casseroles. They are popular in majurra, a lentil and rice dish, as well as lentil soup. They are also used to make patties or loaves. Lentils are used in commercial invalid and weaning foods.
- **Splits** - red lentils are used for making dhal, soups, purees, casseroles, patties and loaves.
- **Deep-fried** - lentils are used as a snack food.
- **Flour** - they are combined with cereal flour to make breads and cakes.

Faba bean Main food uses

- **Cooked or baked** - whole beans are used in soups, purees, baked goods, snack foods and in breakfast foods. It is also cooked into a thick gruel called fowl mudammes'.
- **Ground** - uncooked beans are ground with other ingredients to make falafel or tameya.
- **Sprouts** - can be sprouted for use in salads and stir-fries.
- **Fresh** - sold fresh in the pod or frozen.

Field Pea main food uses

Field peas for human consumption are consumed in a variety of different ways:

- **Split peas** - yellow and green dried peas are split and boiled with spices to make dhal. They are used by food manufacturers to make pre-prepared soups (e.g. canned pea and ham soup) or as a food ingredient (e.g. baby food). Split peas don't require pre-soaking.
- **Sprouts** - dried peas can be sprouted for use in salads and stir-fries.
- **Fermented foods** - cooked dried peas can be fermented to make tempe.
- **Snack foods** - white field peas are sometimes fried to make snack foods. Yellow and green pea flour is used to produce extruded and fried snack products.
- **Whole blue peas** - used to make Mushy Peas, pies and other dishes.
- **Fresh** - immature wrinkled seeds are used as fresh or frozen green peas.

Lupin main food uses

- Whole - mature, dried white (albus) lupins are used in many Middle Eastern dishes.
- Flour - lupin flour (5-20%) can be added to wheat flour to make bread, biscuits or pasta.
- Sprouts - lupins can be sprouted for use in salads, stir-fries or pickling.
- Fermented foods - cooked lupins can be fermented to make tempe (traditional Indonesian food), miso and natto (traditional Japanese foods).
- Snack foods - lupins can be used as a base for snack foods.
- Fresh - the green immature seed has a similar taste and texture to green peas.

Mungbean main food uses

The heat-stable viscosity of mungbean starch makes it a potentially useful ingredient for products with high consistency under high temperatures. Mungbean protein can be used in food formulations which need high quality and easily digestible protein.

- **Sprouts** - commonly used for sprouting.
- **Splits** - made into dhal.
- **Flour** - used to make noodles, breads, biscuits, mungbean cake and pappadams. Replacing 5-10% of wheat flour with mungbean flour can improve the mixing properties of dough in bread-making.
- **Cooked** - used as mungbean soup and mungbean-rice porridge.
- **Fermented** - popular fermented foods are idli and dosa.

Navy ('baked') bean main food uses

- **Canned** - added to a basic tomato sauce for baked beans.
- **Cooked** - for soups, stews, baked beans and casseroles such as cassoulet.

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Go Grains www.gograins.com.au which is the leading independent nutrition advisor for grain foods in human health in Australia. Go Grains Health & Nutrition Limited is a membership-based organization that links the Australian grains industry value chain from grain growers to food manufacturers.

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