



# A World of Pulses

# North and Central Africa

Broad beans are the region's most produced crop.

Algeria, Egypt, Libya, Morocco and Tunisia are countries where pulses are used extensively in cooking. In addition to a variety of dishes such as hummus and falafel in which chickpeas play a central role, lentils are included in salads, purees and soups.

During Ramadan when Muslims fast during the day, pulses are an important food.



Chef Mohamed Fedal (left, with hat) selecting dry pulses at Mellah market (Marrakesh, Morocco).

### HUMMUS PREPARATION:

- SOAK THE CHICKPEAS IN A LARGE CONTAINER COVERED IN PLENTY OF WATER FOR 6 HOURS. THE CHICKPEAS WILL SWELL. DRAIN AND PLACE THEM IN A COOKING POT, ADD WATER AND BRING TO A BOIL.
- LOWER THE HEAT AND SIMMER COVERED, ADDING MORE WATER IF NECESSARY, AND COOK FOR 1-1/2 HOURS.
- DRAIN CHICKPEAS KEEPING THE COOKING WATER, AND THEN PUT THEM ALONG WITH A SMALL AMOUNT OF COOKING WATER IN A BLENDER.
- ADD THE TAHINI, GARLIC, CUMIN AND LEMON JUICE.
- WHILE BLENDING, ADD THE OLIVE OIL TO MAKE A SMOOTH, VELVETY CONSISTENCY, THEN SEASON WITH SALT.
- SPRINKLE WITH CUMIN, PAPRIKA AND PEPPER TO TASTE. SESAME OIL AND OLIVE OIL ARE ALSO OPTIONAL, TO BE ADDED TO TASTE.

**INGREDIENTS:**  
 CHICKPEAS 450g (COOKED AND DRAINED)  
 LEMON JUICE 2 TABLESPOONS  
 TAHINI (SESAME PASTE) 3 OR 4 TABLESPOONS  
 1 GARLIC CLOVE  
 SALT 1 TEASPOON  
 CUMIN  
 + PEPPER, PAPRIKA TO TASTE  
 OLIVE OIL 1 TABLESPOON  
 SESAME OIL APPROX. 1 TABLESPOON

**NOTE:** IF CANNED CHICKPEAS ARE USED, SKIP THE SOAKING AND COOKING STAGE, BUT THEY MUST BE DRIED BEFORE MIXING WITH THE REST OF THE INGREDIENTS.

Recipe by chef Mohamed Fedal

# Pulses

NUTRITIOUS SEEDS FOR A SUSTAINABLE FUTURE



Food and Agriculture Organization of the United Nations



2016 INTERNATIONAL YEAR OF PULSES