



A World of Pulses

Eastern Europe and Western Asia

Chickpeas are the most produced pulse in this region, followed by lentils.

Traces of lentils and chickpeas for domestic use were found in excavations at Hacilar, Turkey, and Jarmo in Iraqi Kurdistan, indicating that these crops have been consumed in the area for at least 8 000 years.

Turkey, the bridge between Europe and Asia, is the fourth global producer of lentils and sixth of chickpeas.



Turkish chef Didem Senol buying pulses in Istanbul. // A street vendor roasting chickpeas on the streets of Istanbul. // Chickpeas at Eminou market (Istanbul, Turkey).

RED LENTIL BURGERS

SERVES 4

1. PLACE LENTILS IN A SAUCEPAN AND COVER WITH WATER. SIMMER UNTIL THOROUGHLY COOKED (TENDER) AND ALMOST ALL OF THE WATER HAS BEEN ABSORBED.
2. ADD THE BULGUR, STIRRING AND COOKING FOR A FEW MINUTES.
3. FINELY CHOP THE ONIONS AND SAUTÉ IN OLIVE OIL, ADDING THE PEPPER PASTE.
4. ADD ONIONS INTO LENTIL MIXTURE WITH LEMON JUICE, POMEGRANATE MOLASSES, CUMIN, PAPRIKA AND CHOPPED HERBS.
5. FORM SERVINGS INTO PATTIES AND SERVE WITH LETTUCE.

* BULGUR WHEAT CONSISTS OF WHOLE WHEAT GRAINS DRIED IN THE SUN, GROUND AND STEEPED. SEMOLINA IS MADE FROM FINELY PROCESSED WHEAT FLOUR TURNED, OFTEN USED TO MAKE CROQUETTE.

** FOR PASTY: TAKE STRIPS OF RED PEPPER AND SIMM-COOK WITH OLIVE OIL, CHILI, SALT, SUGAR AND WATER.

Recipe by chef Didem Senol

Pulses

NUTRITIOUS SEEDS FOR A SUSTAINABLE FUTURE



Food and Agriculture Organization of the United Nations



2016 INTERNATIONAL YEAR OF PULSES