



A World of Pulses



South and Southeast Asia

Pulses date back to 9 500 BC in this region and evidence suggests that farming systems pre-date even those of the Middle East. Today, chickpeas, beans, lentils and dry peas are the main pulses grown in South and Southeast Asia.

In Pakistan, one of the region's largest consumers and producers of chickpeas, dry pulses are the most important source of vegetable protein.

Myanmar is the third largest global producer of pulses. Pulses are the second most important crop grown in the country, after rice.



Chef Zubaida Tariq shopping for pulses at the Empress market in central Karachi (Pakistan). A local chef cooking lentils on an open fire at a street stall (Karachi, Pakistan).

Yellow Lentils with SOYA

SERVES 4

- Escuchar las lentejas remojadas y ponerlas a hervir en agua
- Blend with a hand blender once lentils are tender
- Drain the chopped soya and add to the lentils
- Add salt, green chilies, dried red chilies, turmeric, butter and let it cook with some added water
- Freír el ajo en aceite y mantequilla y verterlo sobre el cocido de soya y lentejas
- Serve hot with chappati.

TURMERIC POWDER
1 TSP

BUTTER
2 TBS

COOKING OIL
1/2 CUP

6 TO 8 DRIED ROUND RED PEPPER

3 GREEN CHILIES
FINELY CHOPPED

YELLOW LENTILS
1 CUP, WASH WITH LUKE WARM WATER AND SOAK

SOYA
2 PRINCIPLES, CHOP AND SOAK IN WATER WITH 1 TSP TURMERIC

4 GARLIC CLOVES PEELLED TO BE FINELY CHOPPED

SALT AS PER TASTE

Recipe by chef Zubaida Tariq

Pulses

NUTRITIOUS SEEDS FOR A SUSTAINABLE FUTURE



Food and Agriculture Organization of the United Nations



2016 INTERNATIONAL YEAR OF PULSES