



A World of Pulses

South and Southeast Asia

Southeast Asia is home to the mung bean (green gram) and mungo bean (black gram) as well as a host of other beans, all contributing to a unique and varied range of pulse dishes.

India is the world leader in the production of pulses, some 20 million tonnes in 2014. It is the world's second leading producer of dry beans with the greatest amount of land dedicated to their cultivation. Around one-third of the population are vegetarian, having made beans, lentils and chickpeas indispensable in their diets.



Chef Sanjeev Kapoor shows some of the pulses he uses in cooking (Mumbai, India) // Pulses on display in APMCI market (Mumbai, India).

Madgane

DESSERT 4 SERVICES

- 1) Cook chana dal and cashewnuts with 1 1/2 cups water in a deep non stick pan till just done. You can even pressure cook them. Cook jagery with 1 cup water till it dissolves. Mix rice flour with 3/4 cup water to a smooth paste.
- 2) Add thin coconut milk to the jagery water and mix well. Add the rice flour mixture and cook on medium heat, stirring continuously. Add green cardamom powder and cook till the flour gets cooked and the mixture thickens.
- 3) Reduce heat and add thick coconut milk. Mix well and switch off heat. Serve warm.

Ingredients:
 SPLIT BENGAL GRAM (CHANA DAL) SOAKED: 1/2 CUP
 GREEN CARDAMOM POWDER: 1/2 TEASPOON
 THICK COCONUT MILK: 1 CUP
 JAGERY (GHEE) SWEETENED: 1 1/2 CUPS
 THIN COCONUT MILK: 1 1/2 CUPS
 CASHEW NUTS: 1/2 CUP
 RICE FLOUR: 3 TABLESPOONS

Recipe by chef Sanjeev Kapoor

Pulses

NUTRITIOUS SEEDS
FOR A SUSTAINABLE FUTURE



Food and Agriculture Organization of the United Nations



2016 INTERNATIONAL YEAR OF PULSES