

# human consumption pulses

## Main Food uses of Pulses

Pulses are edible seeds of legume plants that are widely consumed globally. Each pulse has different uses as foods depending on location and preparation.



## Chickpea (kabuli, desi)

- Cooked - whole Kabuli chickpeas are made into hummus, used in soups, curries, casseroles and salads or made into sweets and desserts.
- Snack food - Kabuli chickpeas are fried or roasted to make snack foods.
- Ground - after slow soaking, made into patties (falafel).
- Flour - Desi chickpea splits are ground into besan flour.
- Splits - Desi chickpeas are split and made into dhal. 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 (red, green)

Lentils don't require soaking prior to cooking.

- Cooked - whole green lentils are used in soups and casseroles. They are popular in majjura, a lentil and rice dish, as well as lentil soup. 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 - as a snack food.
- Flour - combined with cereal flour to make breads and cakes.

## Faba & Broad bean

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



## Field Pea (yellow, green)

- Split peas - dhal is made from dried, split yellow or green peas boiled with spices. Splits are made into pre-prepared soups (e.g. canned pea and ham) or as a food ingredient (e.g. baby food). Split peas don't require pre-soaking.
- Sprouts - dried peas are sprouted for use in salads and stir-fries.
- Fermented foods - cooked dried peas are 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 green ('blue') peas - make Mushy Peas, pies and other dishes.
- Fresh - immature wrinkled seeds are used fresh or as frozen green peas.

## Lupin (narrow leaf, albus)

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

## Mung bean

Mung bean starch is potentially a useful ingredient for products with high consistency under high temperatures. Mung bean protein can be used in food formulations that require high quality and easily digestible protein.

- Sprouts - common use is for sprouting.
- Splits - made into dhal.
- Flour - used to make noodles, breads, biscuits, mung bean cake and pappadams.

Replacing 5-10% of wheat flour with mung bean flour can improve the mixing properties of dough in bread-making.

- Cooked - used as mung bean soup and mung bean-rice porridge.
- Fermented - popular fermented foods are idli and dosa.

## Navy ('baked') bean

- 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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