



Pulses with Maggie Beer

What's a Pulse?

Pulses are one of the most versatile foods on the planet. Composed of dry peas, lentils, chickpeas and beans, these tiny powerhouses pack a hearty fiber- and protein-rich punch—and they're sustainable to boot.



There are three basic categories of pulses: dried lentils, beans / peas, and chickpeas; there are varieties of each. They can be characterised by whole, hulled (skin off) and / or split. The seeds are removed from the pod during summer when they dry off, if they are skinned they are usually termed 'hulled'. All are high in protein with low GI, which means sustained energy.

Chickpeas are classified by the origin of the seed: the larger Afghani kabuli (garbanzo) or the smaller, more fibrous Indian desi.

SOAKING: *Most legumes need to be soaked to make them easier to digest and absorb the nutrients.*

***split peas and lentils don't need to be soaked*

CANNED LEGUMES: *Canned legumes are a handy alternative to dried legumes. Sodium is added during the canning process to preserve the integrity and appearance of the legumes. The sodium can be lowered by almost half simply by rinsing them thoroughly.*

TIP: *Cook extra to what you need and freeze drained and rinsed beans in small zip lock bags to throw into a soup or casserole or as a wrap filling when you need a quick lunch or dinner.*

The Maggie Beer Foundation believe the inclusion of pulses in dishes is a cost-effective way to increase protein, fibre, energy, variety and diversity to dishes. The cooked pulse is soft, which when approached appropriately makes it a perfect choice for texture modified diets.



How to cook guide

Please use the below as a guide - fresher pulses will have a reduced cooking time.

There are many varieties, below are just a few as a guide

FOOD ITEM	DRY WEIGHT	Approx. COOKED WEIGHT	REQUIRED SOAKING TIME	STANDARD COOKING TIME
Brown Lentils	100g	140g	if desired	15-25 minutes
Green Lentils (whole)	100g	140g	Variable- up to 12 hours	30-45 minutes
Puy Lentils	100g	200g	Not needed	25-35 minutes
Red Split lentils	100g	227g	Not needed	10-20 minutes
Black eyed peas (beans)	100g	165g	Overnight	60-90 minutes
Borlotti beans	100g	200-250g	Overnight	60-90 minutes
Butter beans	100g	200-250g	Overnight	60-90 minutes
Cannellini beans	100g	200-250g	Overnight	60-90 minutes
Chana dal (split chick peas)	100g	190g	30mins- overnight	20-25 minutes
Chickpeas	100g	165g	Overnight	60-120 minutes
Green split peas	100g	190g	Not needed	45 minutes
Haricot beans	100g	250g	Overnight	60-90 minutes
Kidney beans (all types)	100g	160g	Overnight	60-90 minutes
Soya beans	100g	155g	Overnight	2-3 hours

Reference: Simon Bryant, Pulses Australia and Eat2healthblog