

# Maviga's Magnificent Eight

## PULSE RECIPES FROM AROUND THE WORLD

Pulses are a primary source of protein and carbohydrate for over two thirds of the world's population. Using each of our pictured pulses as the main ingredient, Maviga's Magnificent Eight is a collection of what we consider to be the best everyday pulse dishes from around the world. The recipes exemplify the rich diversity in the way pulses are used in the food people eat. High in protein and fibre, low in fat, free from any genetic modification and a crop rotation option which naturally fixes nitrogen into the soil, pulses are both an eco-friendly and healthy food choice. So making pulses a regular part of your diet makes a lot of sense.

*Cooking tip* Even after soaking overnight, the length of time it takes to cook pulses depends on their age. Recently harvested pulses will cook 10-20 minutes sooner than pulses harvested over a year ago, so check for 'softness' at regular intervals. A fully cooked pulse is bite-soft to its centre, but still intact.

### PHASEOLUS VULGARIS

Black bean, 'frijol negro' (Spanish), 'feijão preto' (Brazil), 'caraotas negra' (Venezuela)

## Caraotas (Venezuela)

MAKES ENOUGH FOR 6-8 PORTIONS

450 grams dried black beans

(use Maviga's Chinese origin small black kidney beans, HPS quality)

1 ½ litres water

½ litre vegetable stock

1 red bell pepper, seeded and finely chopped

1 teaspoon salt

3 tablespoons olive oil

1 large white onion, peeled and finely chopped

1-3 hot chilli peppers, deseeded and finely chopped

6-10 cloves garlic, peeled and crushed

1 teaspoon ground cumin

Put the beans in a large pan, add the water and soak overnight. Do not change the water.

Add the chopped bell pepper to the water with salt and vegetable stock. Cook beans and pepper on medium heat for 60-80 minutes, until cooked. Meanwhile gently fry the chopped onion, chillies and garlic until golden brown. Stir in the cumin and remove from heat. Add the onions, chillies, garlic and cumin mix to the beans and simmer for a further 8-10 minutes. Add seasoning to taste.

The finished dish should have a good measure of juice (soup), which is often served separately from the beans.